

Balanced School Day Menu Ideas

Morning Break

MONDAY

- ✓ oatmeal raisin muffin
- ✓ milk
- ✓ banana

Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving



TUESDAY

- ✓ yogurt cup or tube
- ✓ apple
- ✓ sunflower seeds

Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



WEDNESDAY

- ✓ cheese and crackers
- ✓ raisins
- ✓ fruit juice

Grain Products: 1 serving
Vegetables and Fruit: 2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



THURSDAY

- ✓ trail mix (dry cereal, dried fruit, sunflower seeds)
- ✓ celery sticks with cheese spread
- ✓ water

Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



FRIDAY

- ✓ popcorn sprinkled with parmesan cheese
- ✓ milk
- ✓ veggies and dip

Grain Products: 1 serving
Vegetables and Fruit: 1-2 servings
Milk Products: 1 serving



Afternoon Break

- ✓ Breadsticks wrapped with cold deli meat
- ✓ 100% fruit juice
- ✓ milk pudding cup
- ✓ baby carrots

Grain Products: 1 serving
Vegetables and Fruit: 2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ leftover pizza
- ✓ cucumber slices
- ✓ chocolate milk

Grain Products: 1-2 servings
Vegetables and Fruit: 1-2 servings
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ cold chicken breast or leg
- ✓ whole wheat roll
- ✓ green pepper rings
- ✓ milk

Grain Products: 1 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ hard boiled egg
- ✓ whole wheat bread
- ✓ applesauce
- ✓ milk

Grain Products: 1-2 servings
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



- ✓ leftover macaroni and cheese mixed with hay
- ✓ fruit cup
- ✓ oatmeal cookies

Grain Products: 1-2 serving
Vegetables and Fruit: 1 serving
Milk Products: 1 serving
Meat and Alternatives: 1 serving



Use Canada's Food Guide to Healthy Eating and your imagination for more great menu ideas!