School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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| --- | --- | --- | --- | --- | --- | --- |
| **Program Type:** | 🞏 | **Breakfast** | 🞏 | **Lunch** | 🞏 | **Snack** |

Breakfasts/Lunches – must include a serving from **at least** **three** food groups from Canada’s Food Guide.

Snacks – must include a serving from **at least** **two** food groups and one must be from the Vegetables and Fruit food group.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Group** | **Examples** | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Grain Products**  http://www.hc-sc.gc.ca/fn-an/images/hpfb-dgpsa/food-guide-aliment/2-1-3a_grain-eng.jpg | **Breakfast**  Cheerios  1 cup | **Snack**  Whole grain crackers |  |  |  |  |  |
| **Vegetables and Fruit**  http://www.hc-sc.gc.ca/fn-an/images/hpfb-dgpsa/food-guide-aliment/2-1-1_image-veget.jpg | Banana | Apple slices |  |  |  |  |  |
| **Milk and Alternatives**  http://www.hc-sc.gc.ca/fn-an/images/hpfb-dgpsa/food-guide-aliment/2-1-3a_milk-eng.jpg | Milk  1 cup | Cheese slice |  |  |  |  |  |
| **Meat and Alternatives**  http://www.hc-sc.gc.ca/fn-an/images/hpfb-dgpsa/food-guide-aliment/2-1-3a_meat.gif | Egg |  |  |  |  |  |  |
| **Other Foods** | Jam, Honey, Bacon | |  |  |  |  |  |

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