

OSNP MENU PLANNER

Program Type: Breakfast Lunch Snack

Remember!

A **breakfast** program must provide foods from at least 3 of the 4 food groups as described in *Canada's Food Guide*.

A **snack** program must provide foods from at least 2 of the 4 food groups.

***A fruit or vegetable must be provided as one of the food groups served with each snack or meal.**

Food Group	Monday	Tuesday	Wednesday	Thursday	Friday
Fruit or Vegetable (required)					
Grain Products					
Dairy Products					
Meat and Alternatives					
Other					

**all menu items must follow OSNP Nutrition Guidelines. A copy of the guidelines can be found at www.osnp.ca*