

SAMPLE MENUS

Healthy Snack Model: 1 Veg/Fruit + 1 other food group

	Offer 1 full food guide serving of:	Offer 1 full food guide serving of 1 other food group:		Limit to 1 item per meal:
	Vegetable/fruit	Protein/Dairy	Whole Grain	Miscellaneous Foods to Limit
	<ul style="list-style-type: none"> • 1/2 cup veg/fruit (fresh, frozen, or canned in water) • 1 medium whole fruit • 1/4 cup dried fruit • 1/4 cup fresh salsa 	<ul style="list-style-type: none"> • 1 cup milk • 50g cheese • 3/4 cup yogurt • 2 eggs • 1 small hummus container • 125 mL (1/2 cup) canned fish 	<ul style="list-style-type: none"> • 1 slice bread • 1/2 bagel, english muffin, pita, or tortilla • 30g cold cereal • 3/4 cup hot cereal • 30g crackers 	<ul style="list-style-type: none"> • 1 Tbsp. jam, cream cheese, honey, or salad dressing • 1 tsp. non-hydrogenated margarine or butter
Monday	1/2 cup sliced green peppers	1 <i>Black Diamond Cheestring</i>		
Tuesday	1 apple		6 <i>Christie Triscuits</i> low sodium crackers	
Wednesday	1/2 cup baby carrots	1 mini hummus		
Thursday	1/2 cup mixed berries	3/4 cup yogurt		
Friday	1/2 cup sliced cucumbers		1/2 whole grain bagel	1 Tbsp cream cheese



Healthy Meal Model: 1 Veg/Fruit + 2 other food groups

	Offer 1 full food guide serving of: Vegetable/fruit	Offer 1 full food guide serving of: Protein/Dairy	Offer 1 full food guide serving of: Whole Grain	Limit to 1 item per meal: Miscellaneous Foods to Limit
	<ul style="list-style-type: none"> • 1/2 cup veg/fruit (fresh, frozen, or canned in water) • 1 medium whole fruit • 1/4 cup dried fruit • 1/4 cup fresh salsa 	<ul style="list-style-type: none"> • 1 cup milk • 50g cheese • 3/4 cup yogurt • 2 eggs • 1 small hummus container • 125 mL (1/2 cup) canned fish 	<ul style="list-style-type: none"> • 1 slice bread • 1/2 bagel, english muffin, pita, or tortilla • 30g cold cereal • 3/4 cup hot cereal • 30g crackers 	<ul style="list-style-type: none"> • 1 Tbsp. jam, cream cheese, honey, or salad dressing • 1 tsp. non-hydrogenated margarine or butter
Monday	1 cup romaine lettuce	50g mozzarella cubes	1/2 whole grain pita	1 Tbsp. Caesar dressing
Tuesday	1 medium banana	1 cup milk	30g <i>Quaker Corn Bran Squares</i> cereal	
Wednesday	1 mini cucumber	2 hard boiled eggs	1 slice whole grain bread	1 tsp butter
Thursday	1 medium slice cantaloupe	50g cheddar cheese slices	6 <i>Breton Original</i> crackers	
Friday	1/2 cup broccoli florets	3/4 cup yogurt	1 <i>Kashi 7 Grains with Quinoa</i> granola bar	