

Educators serve meals and snacks at appropriate times, in sufficient quantities in accordance with each child’s needs including allergies and special diets.

Educator Menu Plan

Week:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ____ o'clock					
Morning Snack ____ o'clock					
Lunch ____ o'clock					
Afternoon Snack ____ o'clock					

Nutrition:

- ✓ Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- ✓ Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- ✓ Make water your drink of choice

**Children to be seated while eating and drinking
No beverages should be given to children while napping**

Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.

- ✓ Be mindful of eating habits
- ✓ Let Children take time to eat
- ✓ Notice when they are hungry and when they are full
- ✓ Involve children in planning and preparing meals
- ✓ Cook more often and Plan what you serve
- ✓ Make Culture and food traditions part of healthy eating
- ✓ Eat meals together