



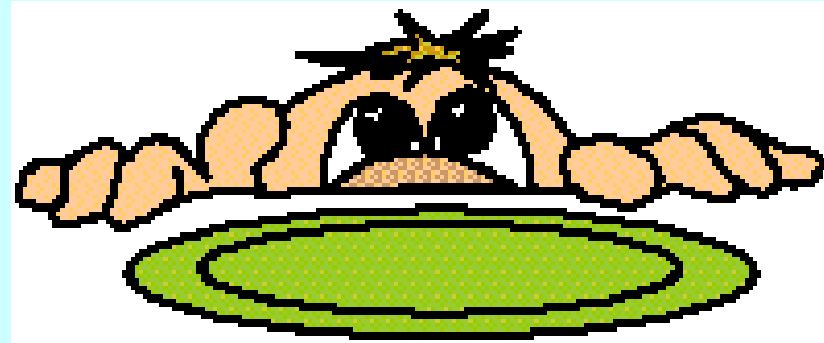
ABC's of Menu Planning

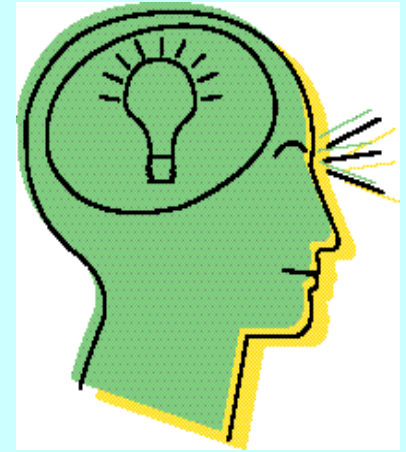
Snohomish Health District
Partners in Child Care



Overview

- Starting Off Right
- Menu Planning
- Getting Creative





Activity

What You Already Know About Menu Planning



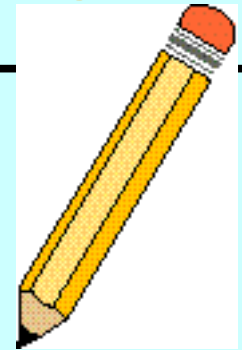
Starting Off Right

- Find a quiet place
- Minimize interruptions
- Have notes handy





Starting Off Right

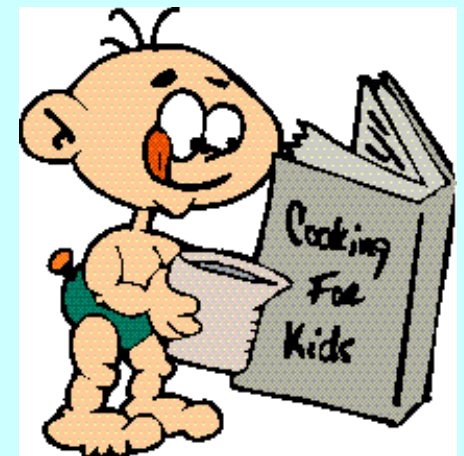


- Two week minimum menu cycle
- Don't worry about serving sizes now
- Use a menu planning template



Starting Off Right

- Determine lunch items first
- 2nd → add breakfast items
- 3rd → add color with fruits & vegetables
- 4th → add snacks
- 5th → add beverages
- Consider computer programs





Starting Off Right

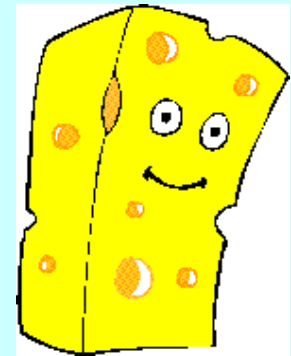




Menu Planning

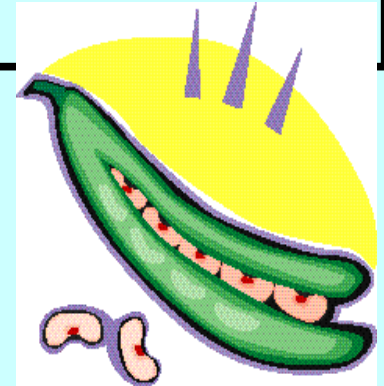


- Adequacy & Appeal
- Balance
- Calories
- Diversity
- Efficiency





Adequacy



- Meat/Meat alternates at lunch
- Dairy for breakfast and lunch
- Protein or calcium rich foods for PM snack
- Know requirements for CACFP



Adequacy

- Foods rich in vitamin C daily:



Blackberries	50%
Kiwi	240%
Papaya	150 %
Broccoli	220%
Cauliflower	100%
Squash	30%



Adequacy

- Foods rich in vitamin A, 3 times a week:



- Apricots 40%
- Cantaloupe 100%
- Watermelon 20%

- Carrot 270%
- Sweet potatoes 44%

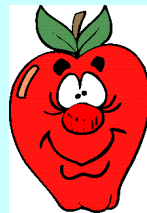


Appeal

COLOR!

Comes mostly from fruits
and vegetables

Fresh



Frozen

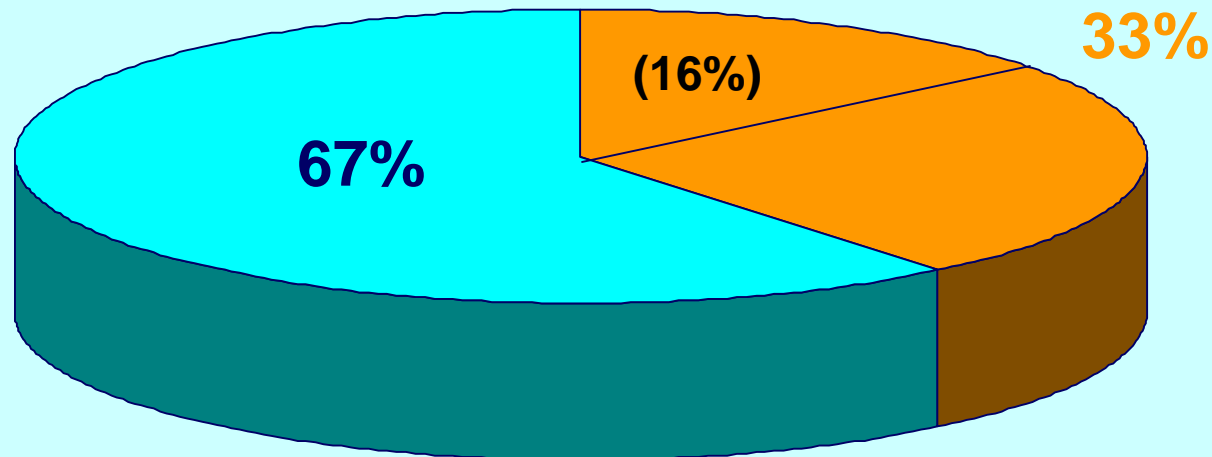


Canned



Appeal

Fruits & vegetables should make up **33%** of a child's daily diet. Actual consumption is only 16%.





Appeal



Temperatures:

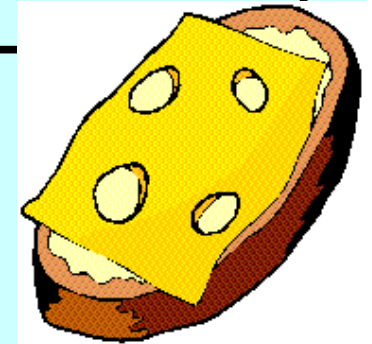
- Variations appeal to greater preferences
- Depends on the season
- Cold foods can be eaten while hot foods cool



Appeal

Texture:

- Chunky/Soft
- Crunchy/Soupy
- Crumbly/Firm
- Chewy/Tender





Balance

- Eat from all food groups
 - Maximizes nutrient intake



- Allows more choices
- Provides a model for children



Calories



- Provide energy
- Bulk from carbohydrates
- Minimize high fat/sugar foods with low nutrient density

Remember, all foods can be eaten

In Moderation



Diversity

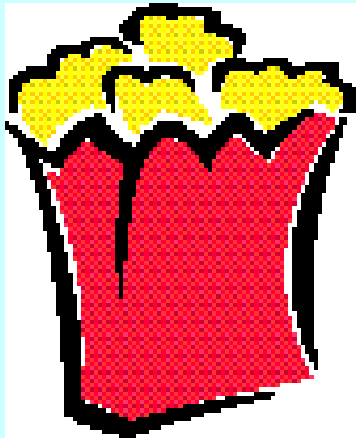
- Eat different foods within each food group
 - flavor
 - texture
 - color
 - nutrients
- Introduce ethnic, traditional, holiday, seasonal and new foods





Efficiency

- Consider age appropriateness
- Consider child's development



- Consider food safety
- Consider food allergies



Activity

Find the Menu Problem





Getting Creative!

- Let the children help
- Sing food related songs
- Plan weekly food activities
- Grow a garden!

