

Menu planning checklist for family day care

Morning and afternoon tea

Use this checklist to plan or review a menu which includes morning tea and afternoon tea only.

The checklist will help you provide healthy foods in line with the *Australian Dietary Guidelines*¹ and the *Australian Guide to Healthy Eating*² that meet the nutrition and developmental needs of 1–5 year old children. If you require information about appropriate serving sizes for children, refer to the fact sheet *What's in a serve?*³

Fruit	Tick if meets guideline				
Fruit is provided each day.					
	Mon	Tues	Wed	Thurs	Fri
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried fruit is not offered more than once per week.					
	<input type="checkbox"/>				
Vegetables and legumes/beans	Tick if meets guideline				
Vegetables and/or legumes/beans are provided each day.					
	Mon	Tues	Wed	Thurs	Fri
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

¹ *Australian Dietary Guidelines*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

² *Australian Guide to Healthy Eating*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

³ *What's in a serve?*, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2012, www.heas.health.vic.gov.au

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	Week 2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>																		
Milk, yoghurt, cheese and/or alternatives	Tick if meets guideline																		
<p>Milk, yoghurt, cheese and/or alternatives are provided 1-2 times per day (morning tea and/or lunch).</p> <p>Full fat varieties of milk, yoghurt, cheese and/or alternatives should be used for children less than 2 years. Reduced fat milk, yoghurt, cheese and/or alternatives are suitable for children over 2 years of age.</p> <p>Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese.</p>	<table border="1"> <thead> <tr> <th></th> <th>Mon</th> <th>Tues</th> <th>Wed</th> <th>Thurs</th> <th>Fri</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Week 2</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Mon	Tues	Wed	Thurs	Fri	Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													

Grain (cereal) foods	Tick if meets guideline																		
<p>Grain (cereal) foods are provided once per day.</p>	<table border="1"> <thead> <tr> <th></th> <th>Mon</th> <th>Tues</th> <th>Wed</th> <th>Thurs</th> <th>Fri</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Week 2</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Mon	Tues	Wed	Thurs	Fri	Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>														
<p>High fibre varieties (e.g. wholegrain and wholemeal) are included at least 3 times per week, preferably every day.</p>	<table border="1"> <thead> <tr> <th></th> <th>Mon</th> <th>Tues</th> <th>Wed</th> <th>Thurs</th> <th>Fri</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>Week 2</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		Mon	Tues	Wed	Thurs	Fri	Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fats and oils	Tick if meets guideline
<p>Polyunsaturated and/or monounsaturated oils and spreads are used in cooking and baking.</p> <p>Examples include: sunflower, safflower, canola, olive, peanut, sunflower, soybean and sesame oil.</p>	<input type="checkbox"/>
<p>Butter, cream, sour cream, coconut cream, copha, palm oil, ghee and lard are not used in cooking or on the menu.</p>	<input type="checkbox"/>
Foods and drinks that should not be included in the daily menu	Tick if meets guideline
<p>Foods and drinks which are high in saturated fat, salt and/or sugar or combination of these, with little nutritional value are not provided.</p> <p>Examples of these foods include:</p> <ul style="list-style-type: none"> • chocolate, confectionary, jelly • sweet biscuits, high fat/salt savoury biscuits, chips • high sugar/high fat cakes and slices • cream, ice cream • deep fried foods (e.g. hot chips) • pastry based foods (e.g. pies, sausage rolls and pasties) • most fast food and takeaway foods • some processed meats (e.g. sausages, frankfurts/hot dogs, salami, strasburg, devon, some commercial chicken nuggets and fish fingers) • soft drinks, fruit juice and fruit drinks, cordial, sports drinks, sports waters, flavoured waters, 	<input type="checkbox"/>

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flavoured mineral waters, iced teas, energy drinks and flavoured milk	
Salt	Tick if meets guideline
Salt is not added to cooking or available at the table.	<input type="checkbox"/>
Baked items	Tick if meets guideline
Baked items are not included every day.	<input type="checkbox"/>

Drinks	Tick if meets guideline
Water is offered at all meals and is available freely throughout the day.	<input type="checkbox"/>
Food variety	Tick if meets guideline
The menu includes a variety of tastes, colours, textures (e.g. crunchy, soft, etc) and flavours.	<input type="checkbox"/>
If the menu cycle is more than one week long, the main ingredient in a meal is not repeated on the same day each week (e.g. fish is not provided every Friday only).	<input type="checkbox"/>

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