



# NUTRITION CHECKLIST

## for Long Day Care Menu Planning



Use this checklist to plan each two-week cycle of your menu. The number of serves recommended is the minimum required to meet the nutritional needs of children in care when one main meal and two snacks are provided.

### MAIN MEALS

#### BEEF/LAMB

- Lean red meat is included on the menu at least **4** times per fortnight

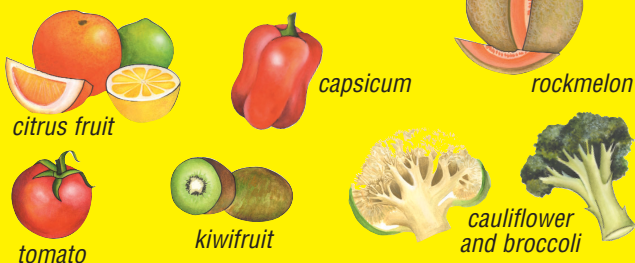
#### CHICKEN/FISH/PORK/VEAL

- Lean white meat is included on the menu at least **3** times per fortnight

#### VEGETARIAN MEALS

- A vegetarian meal is included on the menu at least **2** times per fortnight
- Vegetarian meals are based on eggs, cheese, tofu or legumes
- A fruit or vegetable high in vitamin C is served with the vegetarian meal

#### Fruit and vegetables high in vitamin C



#### IRON-CONTAINING FOODS

- On each day that a white meat or vegetarian meal is served, at least **1** other iron containing food is included on the menu

#### Other iron containing foods



### VEGETABLES AND FRUIT

- The menu includes at least **2** 'child size' serves of vegetables daily
- The menu includes at least **1** 'child size' serve of fruit daily
- Fruit juice, if served, is diluted and limited to once per day

\*A variety of vegetables and fruit throughout the menu is important.

### DAIRY FOODS

- The menu includes **3** 'child size' serves of dairy foods per day

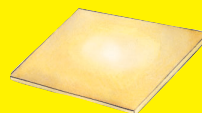
Each of the following is 1 serve:



1/2 cup (100ml) milk



1/2 small tub (1/3 cup) yoghurt



1 slice processed cheese or 20g block cheese



1/2 cup custard

\*It is recommended that milk is offered at both morning and afternoon tea

- Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese

### BREADS, CEREALS, RICE AND PASTA

- The menu includes at least **2** 'child size' serves of bread, cereal, rice or pasta foods per day
- High fibre varieties (eg multigrain, wholemeal, white high fibre) are included at least **4** times per fortnight

#### Breads include:

Pita, lavash, Turkish, Lebanese, fruit bread, scones, finger buns etc

### SNACKS

- Snacks are planned on the menu as part of the total day's intake of dairy foods per day
- At each snack time a bread/cereal-based food appears on the menu
- Vegetable or fruit is included if necessary to meet the recommended daily number of serves

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