

Ideas and Sample Meal Plans

Simplify your daycare menu planning and create nutritious meals that support children's growth and development.

As a childcare provider, planning a daycare menu that balances nutrition and appeal is one of your key responsibilities. This is no easy task, given this age group often has fickle eating habits.

Healthy children grow by leaps and bounds every day, physically and mentally. And of course, you want to provide the right food to fuel their rapid development. This feature includes tips to help make daycare menu planning easier.