



Mealtime Mentoring

Mixed Dishes

How do mixed dishes fit as Canada's Food Guide choices when I plan or review my menus?

Mixed dishes have foods from two or more of the groups in Canada's Food Guide. This information sheet shows examples of how mixed dishes are classified into Canada's Food Guide choices for your child care menu.



Mixed Dishes

Beef and macaroni casserole (made with macaroni and ground beef with a sauce) = 1 meat + 1 grain. **Serve with cheese sticks and apple wedges.**

Macaroni and cheese (made with pasta, cheese and milk) = 1 grain + 1 milk. **Add tuna and serve with carrot sticks.**

Spaghetti with tomato sauce (made with pasta and a tomato sauce) = 1 grain + 1 vegetable/fruit. **Serve with meatballs and a glass of milk.**

Beef chow mein (made with stir-fried beef and vegetables and served on noodles) = 1 vegetable/fruit + 1 grain + 1 meat. **Serve with yogurt.**

Tacos in a bag (made with ground beef, salsa, grated cheese and lettuce with taco chips) = 1 meat + 1 limited food. **Serve with vegetable sticks, rice, and a glass of milk.**

If you are buying store-bought mixed dishes, try to choose an item that contains two food groups. Give preference to foods that have at least one vegetable listed in the first 3 ingredients.

In the follow examples, the dishes are made with typical ingredients.

For each mixed dish listed, there are examples of foods you can serve to ensure you have **four food groups for a meal or two food groups for a snack.**

According to Canada's Food Guide, there are certain foods that should be consumed in limited quantities. For your child care menu, there should be no more than three limited foods per week.

All foods should be age appropriate to avoid choking. For example, cut wieners lengthwise. Avoid nuts for small children.

French toast (made with bread, eggs and milk) = 1 grain + 1 meat. **Serve with fruit cocktail and cottage cheese.**

Lasagne (made with pasta, ground meat, tomato sauce and cheese) = 1 grain + 1 meat + 1 milk + 1 vegetable/fruit. **Serve with water to quench the thirst. You have all 4 food groups in this meal!**

Chicken pot pie (made with chicken and vegetables in a sauce with a biscuit crust) = 1 grain + 1 meat. **Serve with peas and a glass of milk.**

Stir-fry on rice (made with stir-fried beef, chicken or pork and vegetables and served on rice) = 1 vegetable/fruit + 1 grain + 1 meat. **Serve with yogurt.**

Cabbage roll (ground meat and rice wrapped in cabbage topped with tomato sauce) = 1 grain + 1 vegetable/fruit + 1 meat. **Serve with a glass of milk.**

Hamburger hash or sloppy joes (made with ground beef, onions and celery in a tomato sauce) = 1 meat + 1 vegetable/fruit. **Serve with a whole grain roll and cheese.**

Hot dogs (wiener in a bun) = 1 grain + 1 meat. **Serve with watermelon and a glass of milk.**

Hamburger, fish burger or chicken burger in a bun = 1 grain + 1 meat. **Serve with a vegetable and fruit platter and cheese.**

Stew (made with meat, potatoes, carrots, and peas in gravy or sauce) = 1 meat + 1 vegetable/fruit. **Serve with bannock and a glass of milk.**

Pizza = 1 grain + 1 milk, regardless of the type of pizza. (Generally with pizza there is not a complete serving of a meat or a vegetable.) **Serve with sliced meat and a fruit medley.**

Soups

Tomato soup, vegetable soup or minestrone soup = 1 vegetable/fruit. **Serve with a meat sandwich and a glass of milk.**



Potato soup = 1 vegetable/fruit + 1 milk. **Serve with a meat sandwich.**

Cream of mushroom, cream of celery or clam chowder = 0 food groups. **Make the soup with milk and serve with a meat sandwich and fruit.**

Chicken or beef noodle soup = 0 food groups. **Make this soup with extra noodles and serve with cold meat and vegetables/dip and a glass of milk.**

Snack Foods

Fruit smoothie (made with yogurt or milk and fruit) = 1 milk + 1 vegetable/fruit.

Trail mix (made with nuts and dried fruit) = 1 vegetable/fruit + 1 meat.

Ants on a log (made with celery, peanut butter and raisins) = 1 meat + 1 vegetable/fruit.

Nachos with cheese and salsa = 1 milk + 1 limited food choice (nachos). The salsa is considered a condiment. **Serve with snap peas.**

Helping you provide healthy food and a positive eating environment in early learning and child care settings.