



Vancouver Society of Children's Centres (VSOCC)

School Age Snack Menu

Nourishing children through care, connection, and food.

At VSOCC, we believe good nutrition supports happy, healthy learning. Our School Age childcare programs provide:

- **A mid-afternoon snack daily** after each school day during the school year, and
- **a mid-morning snack and a mid-afternoon snack daily** during the full days for Professional Development Days, and Winter, Spring and Summer Breaks.

Our snacks are thoughtfully planned to support **healthy growth, sustained energy, gentle digestion, and positive food relationships**. All snacks were **reviewed by a Registered Dietitian**.



What to Expect

- VSOCC menus rotate weekly to provide variety
- Whole-food, plant-forward meals
- Balanced protein, grains, fruits, and vegetables
- Low-sodium, minimally processed foods
- Kid-approved recipes
- Seasonal fruit and vegetables may be substituted as needed
- Repeated, pressure-free exposure to new foods
Allergies and dietary needs are accommodated, where possible



Nutrition

- Meets BC Childcare Licensing requirements
- Aligns with the Canadian Food Guide
- **Nutrient targets for each snack:**
 - Protein: 1.9 g
 - Calcium: 250 mg
 - Iron: 1.2 mg
- **Each snack typically include:**
 - **Meat & Alternatives:** 0.5 serving
 - **Milk & Alternatives:** 0.5 serving
 - **Grains:** 1 serving
 - **Vegetables & Fruit:** 1.5 servings



How Snacks Are Served

- Snack times encourage social connections with peers.
- Snack times are positive and fun.
- Snacks are presented in an appealing manner.
- Children are provided with choice.
- Children are encouraged to be involved and serve themselves.
- Trying food is optional — children are never forced

Drinks: Water served with all snacks

Week One Menu:

Day	Morning Snack	Afternoon Snack
Monday	Yogurt Parfait with Fresh Fruit & Granola	Power Balls with Veggie Sticks & Dip
Tuesday	Baked Good with Veggie Sticks	Wow Butter & Banana Roll-Ups
Wednesday	Overnight Oats with Fruit	Green Smoothie & Whole-Grain Muffin
Thursday	Avocado & Tomato on English Muffin	Baked Oat Bar with Fresh Fruit
Friday	Cereal, Milk & Fruit	Rice Cakes with Veggies & Yogurt Dip

Week Two Menu:

Day	Morning Snack	Afternoon Snack
Monday	Cereal, Milk & Fruit	Flatbread with Hummus & Veggie Sticks
Tuesday	Baked Good with Veggie Sticks	Greek Pinwheels with Veggies
Wednesday	Overnight Oats with Fruit	Plant-Based Nuggets with Yogurt Ranch
Thursday	Cottage Cheese with Fruit Jam & Veggie Sticks	House-Made Banana Pudding with Granola
Friday	Mixed Fruit Smoothie with Muffins	Baked Good with Veggie Sticks

Nutrition Focus: Protein-rich • Fibre-rich • Whole foods • Iron-rich vegetables • Healthy fats • Gut-supporting fibre • Balanced protein • Familiar foods with added vegetables • Exposure to global flavours • Variety & confidence building

School Age Menus

Week Three Menu:

Day	Morning Snack	Afternoon Snack
Monday	Yogurt Parfait with Fruit & Granola	Power Balls with Veggies & Dip
Tuesday	Baked Good with Veggie Sticks	Wow Butter & Banana Roll-Ups
Wednesday	Overnight Oats with Fruit	Green Smoothie & Whole-Grain Muffin
Thursday	Avocado & Tomato on English Muffin	Baked Oat Bar with Fresh Fruit
Friday	Cereal, Milk & Fruit	Rice Cakes with Veggies & Yogurt Dip

Week Four Menu:

Day	Morning Snack	Afternoon Snack
Monday	Cereal, Milk & Fruit	Flatbread with Hummus & Veggie Sticks
Tuesday	Baked Good with Veggie Sticks	Greek Pinwheels with Vegetables
Wednesday	Overnight Oats with Fruit	Plant-Based Nuggets with Yogurt Ranch
Thursday	Cottage Cheese with Fruit Jam & Veggie Sticks	Banana Pudding with Granola
Friday	Mixed Fruit Smoothie with Muffins	Baked Good with Veggie Sticks