

**Menu Planning Worksheet for Children**  
 For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: \_\_\_\_\_ ✓Menu Planning Age Group(s):  1 & 2  3 - 5  6 - 18 Week of \_\_\_\_\_ 20\_\_\_\_  
 Type(s) of milk offered: **One year olds:**  unflavored whole **Two through five:**  unflavored fat-free  unflavored 1% **Six and older:**  unflavored fat-free  unflavored 1%  
 flavored fat-free  flavored 1%

|   | Child meal pattern food components:   | MONDAY           | TUESDAY                   | WEDNESDAY           | THURSDAY             | FRIDAY             |
|---|---|------------------|---------------------------|---------------------|----------------------|--------------------|
| <b>BREAKFAST</b>  | Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.                       | Milk             | Milk                      | Milk                | Milk                 | Milk               |
|   | Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c                     | Canteloupe       | Pineapple (C)             | Plantains           | Tropical Fruit (C)   | Oranges (C)        |
|   | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | Pandebono        | Cherrios (WG)             | Toast (WG)          | Cheerios (WG)        | Corn Tortilla (WG) |
|   | Meat/Meat Alternate (optional)  |                  |                           | Peanut Butter       |                      | Refried beans      |
| <b>LUNCH/SUPPER</b>   | Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.                       | Milk             | Milk                      | Milk                | Milk                 | Milk               |
|   | Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.               | Fish Sticks (CN) | Baked Beef Empanadas (CN) | Queso Blanco        | Pan de Jamón (Ham)   | Grilled Cheese     |
|   | Vegetable: Ages 1-2: ⅙ c; 3-5: ¼ c; 6-18: ½ c                                 | Peas             | Potatoes                  | Black Beans         | Coleslaw             | Tomato Soup        |
|   | Fruit or Vegetable: Ages 1-2: ⅙ c; 3-5: ¼ c; 6-18: ¼ c                        | Oranges (C)      | Corn                      | Tomato              | Apricots             | Tropical Fruit     |
|   | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | Dinner Roll (WG) | Empanada (shell)          | Spanish Rice        | Pan de Jamón (Bread) | Bread (WG)         |
| <b>SNACK</b>  | <b>Select 2</b>   | Salsa            | Peaches                   | Hummus              | Carrots w/ Ranch     | Yogurt             |
|   | Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.                      |                  |                           |                     |                      |                    |
|   | Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.                 |                  |                           |                     |                      |                    |
|   | Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c                                 | Tortilla Chips   | Cottage Cheese            | Cucumber Slices (C) | Plantain             | Graham Crackers    |
|   | Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c                                     |                  |                           |                     |                      |                    |
| Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent |   |                  |                           |                     |                      |                    |

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. “WG bread” or “whole grain-rich crackers).

Refer to Meal Pattern for Children for serving sizes when planning menus.

**MENUS MUST BE POSTED AND MAINTAINED ON FILE!**