

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%

BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	Orange Slices (C)	Raspberries (C)	Black Currants (C)	Blackberries (C)	Pear Slices (C)	
Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Toast	WG Blueberry Muffin	WG Cereal	WG Banana Muffin	WG Bagel	
Meat/Meat Alternate (optional)						
LUNCH/SUPPER	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.	Turkey	Venison (CN)	Roast Pork	Ground Beef	Gar
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Three Sisters Soup	Succotash	Sweet Potatoes	Acorn Squash	Baked Pumpkin
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Blueberries	Black Currants	Blackberries	Yuca	Pear Cactus
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Wild Rice	Hominy	Blue Corn Tortillas	Quinoa	Corn Bread
SNACK	Select 2	Deer Jerkey (CN)	Turkey Jerkey	Pine Nut Hummus	Peanut butter	Deer Pemmican (CN)
	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	Pear Cactus	Blueberries	Pita Bread	Crackers and Apple slices	Yuca
	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!