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
BREAKFAST	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	Apple Slice (C)	Banana (C)	Mixed Fruit (C)	Pineapple (C)	Pears (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Pancakes	WG Cereal	Cream of Wheat	English Muffin	WG Cereal
	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.	Baked chicken tenders	Ground Turkey w/ Sauce	Turkey & Cheese Sandwich	Chicken nuggets (CN)	Tuna
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Peas	Carrots	Baked Beans	Green Salad
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ¼ c	Green Bean	Peaches	Pineapple	Apple Sauce	Oranges
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Biscuit	Pasta	WG Bread	WG Bread	Crackers
SNACK	**Select 2**	Cheese Wedges	Carrot Sticks	Fruit Cup	Apple Slices	Pineapple Tidbits
	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	WG Wheat Thins	Oranges	Muffin	Pita Chips	Cheese
	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!**

Revised 7/2022   CCFP approved by Jennifer Heartcastle, MS, RD, LD   I-124-03