

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	Bananas (c)	Pears (c)	Orange Slices (c)	Mixed Fruit (c)	Apple Wedges (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	Toast	Pancakes	Cheese Toast	WG Cheerios
	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.	Taco meat	Chicken Pita Pocket	Turkey & Cheese	Ham & Cheese Sandwich	Tuna Salad
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Lettuce & Tomato	Carrot Sticks	Lettuce & Tomato	Tater Tots	Broccoli
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Apple Wedges	Mixed Fruit	Peaches	Green Salad	Orange Slices
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Taco Shell	WG Pita Pocket	WG Bread	WG Bread	WG Wrap
SNACK	Select 2	Mandarin Oranges	Mixed Fruit	Yogurt	Yogurt	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	100% WG plain Sun Chips	Crackers	Graham Crackers	Banana	Cottage 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!