

**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	Pears (C)	Mandarin Oranges (C)	Strawberries (C)	Apple Slices (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheerios	Bagels W/ Cream Cheese	Pancakes	Cheese Toast	WG Cereal
	Meat/Meat Alternate (optional)					
<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.	Lentil Stew	Black Beans	Macaroni & Cheese	Tofu stir fry	Plant-based nuggets (CN)
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Mixed Vegetables	Baked Plantains	Sweet Peas	Stir fry vegetables	Baked fries
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Potatoes	Corn	Melon	Orange Slices	Carrot Sticks
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Garlic Bread	Cuban Bread	WG Pasta	WG rice	WG crackers
<b>SNACK</b>	<b>Select 2</b>	Cubed Cheese	Apple Slices	Yogurt	Peaches	Hummus
	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	Crackers	100% WG Sun Chips	Graham Crackers	Banana Bread	Pita bread
	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!**