

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: _____ Whole Milk _____ Two through five: _____ (1%) or fat free milk _____ Six and older: _____ (1%) or fat free milk _____

| | 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 | Pears | Peaches | Apple Sauce | Fruit Cup |
| | Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¾ c | WG Cereal | WG Cereal | Cereal | Raisin Bread | (WG) English Muffin or Bagel |
| | Meat/Meat Alternate (optional) | | | | | |
| | | | | | | |
| LUNCH/SUPPER | Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz. | | | | | |
| | Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz. | | | | | |
| | Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c | | | | | |
| | Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c | | | | | |
| | Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c | | | | | |
| SNACK | Select 2 | Seasonal Fruit | Yogurt | Pineapple Chunks | Seasonal Fruit | Sliced Apples |
| | 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 Crackers | Muffins | WG Crackers | WG Crackers | WG Soft Flour Tortilla w/Cheese |
| | Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c | | | | | |
| | Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ½ c; 6-18: 1 slice/svg, ¾ c | | | | | |

Note: The type(s) of milk served must be noted on the menu for each age group (fat content and if flavored). The daily 100% whole grain serving must be noted on the menu (e.g. "WG" or "whole grain bread").

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

MENUS MUST BE POSTED AND MAINTAINED ON FILE!