

Menu Planning Worksheet for Children  
For each day of the week, write down the menus for the meal served. Breakfast-Snack-4

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	Pears	Applesauce	Pineapple Tidbits	Peaches	Fruit Cocktail
	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	Raisin Bread	WG Cereal	WG Cereal	WG English muffin
	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	Cheese	Seasonal Fruit	Grapes	Orange Slices or Wedges	Salsa dip
	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	Ritz Crackers	WG Crackers	WG Crackers	Chex Mix	Chips
	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!