

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
<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	Fruit Cup	Apple Slices	Bananas	Peaches	Pears
	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	Toast/ Cheese	WG Cereal	Honey Bunches of Oats	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.	Chicken Soup w/Cold Cut Sandwich	Ground Meat Sloppy Joe	Ham Slices w/ Macaroni & Cheese	All Meat Franks	Fish Sticks
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Green Beans (A)	Corn	Peas (A)	Baked Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Apple Slices	Fruit Cocktail	Pears	Fruit Cocktail	Apple Slices
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Bread	WG Hamburger Bun	Elbow Macaroni Pasta	Hot Dog Roll	WG Bread
<b>SNALimited</b>	Select 2	Orange Slices	Mixed Fruit	Apple Wedges	Cubed Cheese	Crackers
	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	Graham Crackers	Yogurt	WG Crackers	Seasonal Fruits
	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!