

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 (C)	Mandarin Oranges (C)	Strawberries (C)	Apple Slices (C)	Bananas ( c)
	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 Cheerios	Bagels	WG Pancakes	Cheese Toast	WG Cereal
	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.	Ham & Cheese Sandwich	Chicken	Ground Meat w/ Tomato Sauce	Ham w/Mac & Cheese	All Meat Franks
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Tossed Salad (A)	French Fries	Peas ( A)	Carrots	Baked Beans
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Peaches	Corn	Peaches	Applesauce	Pears
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Whole Wheat Bread	WG Roll	Bun	WG Elbow Macaroni Pasta	Hot Dog Bun
SNACK	Select 2	Salsa Dip	Ritz Crackers	Banana Slices	Fruit Cup	Apple Wedges
	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	Tortilla Chips	cheese dip & Celery Sticks	Graham Crackers	Animal Crackers	Yogurt
	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!