

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: \_\_\_\_\_ 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	Banana ( C )	Orange Slices ( C )	Apple Slices (C)	Apricots ( C )	Banana ( 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	English Muffin	Bagel	Cream of Wheat	Cheese Toast	WG Multi Grain Cheerios
	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.	Turkey w/ Gravy	Beef, Turkey, or Chicken Patty	All Meat Franks	Ham w/ Macaroni and Cheese	Chicken
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Coleslaw	Baked Beans	Sweet Peas	Red or Black Beans
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Broccoli ( A )	Tropical Fruit	Green Salad ( A )	Fruit Cocktail	Peaches
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Roll	WG Hamburger Bun	WG Whole Wheat Bread	WG Macaroni	Yellow Rice
<b>SNACK</b>	Select 2	Sliced Pears	Carrot Sticks w/ Ranch	Salsa Sauce	Yogurt	Apple Slices
	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	Chex Mix	Ritz Crackers	Tortilla Chips	Graham Crackers	Cheese Cubes
	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!