

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 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	Cheerios	Bagels	WG Pancakes	Cheese Toast	Cream of Wheat w/ Cinnamon
	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.	Meatballs w/ Sauce	Baked Chicken	Meatloaf	Ground Meat w/ Tomato Sauce	Roast Pork
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Mixed Veggies	Mashed Potatoes	Yucca/or Plantain	Green Salad (A)	Black Beans
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Fruit Cup	Carrots (A)	Broccoli (A)	Pears	Corn
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Pasta	WG Rolls	Biscuit	WG Spaghetti	WG Whole Wheat Bread
SNACK	Select 2	Apple Sauce	Apple Slices	Yogurt	Cottage Cheese	Peaches
	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	Saltine Crackers	Cheese Cubes	Graham Crackers	Pineapple Tidbits	Banana Bread
	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!