

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	Fruit Cup (c)	Strawberries (C)	Peaches (C)	Orange 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	English Muffins	Pancakes	French Toast	WG Cereal	Multi Grain Cheerios
	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.	Baked Chicken	Meat Patty w/ Gravy	Taco Bake w/ Cheese, Lettuce & Tomato	Picadillo (Ground Beef)	Pork
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Baked Beans	Mashed Potato	Sweet Corn	Black Beans	Graduales (Pigeon Beans)
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Green Beans ( A )	Broccoli ( A )	Fruit Cocktail	Sweet Plantain	Mixed vegetables
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Dinner roll	Bread	WG Taco Shell	Rice	Yellow Rice
SNACK	Select 2	Apple Slices	Salsa Dip	Fruit Cup	Yogurt	Cubed Cheese
	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	WG Tortilla Chips	Graham Crackers	Peaches	Seasonal Fruit
	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!