

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	Peach Slices (c)	Fruit Cup (c)	Orange Slices (c)	Strawberries (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 Cheese Toast	English Muffin	WG Cereal	WG Waffles w/ Syrup	WG 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 w/ Gravy	Meat Loaf	Sliced Turkey	Tuna and Cheese Casserole	Ground Meat w/ Alfredo Sauce
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Potato	Peas and Carrots	Broccoli (A)	Lima Beans	Mixed Green Salad (A)
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Green Beans	Baked Beans	Pineapple Tidbits	Seasonal Fruit	Fruit Salad
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Cornbread	WG Brown Rice	Roll	Pasta	Spaghetti
SNACK	Select 2	Animal Crackers	Apple Slices	Crackers	Yogurt	Mixed Fruit
	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	Pear Slices	Chex Mix	Yogurt	Graham Crackers	Chex Mix
	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!