

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)	Apple Slices (C)	Orange Slices (C)	Peach 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 Muffin	Pancakes	WG Cereal	French 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.	Taco Bake w/ Cheese	Meat Patty w/ Gravy	Chicken w/ Gravy	Meat Lasagna	Sliced Ham
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Shredded Lettuce, Tomato and Corn	Potatoes	Sweet Peas (A)	Lettuce and Tomato Salad	Green Beans (A)
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Fruit Cocktail	Broccoli (A)	Peaches	Pineapple	Sweet Potatoes
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Taco Shell	WG Wheat Bread	Rice	WG Pasta	WG Brown Rice
SNACK	Select 2	Apple Slices	Watermelon Pieces	Fruit Cup	Yogurt	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	WG Crackers	Chex Mix	Graham Crackers	Animal Crackers	Crackers
	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!