

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	Peaches (C)	Fruit Cup (C)	Orange Slices (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	Cheese Toast	WG English Muffin	Bagel	Raisin Bread	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.	Sliced Ham w/ Macaroni and Cheese	Meat Casserole	Chicken w/ Gravy	Meat Patty w/ Cheese	All Meat Frank
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Broccoli (A)	Mixed Veggies	Sweet Potatoes (A)	Lettuce and Tomatoes	Baked Beans
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Oranges	Pineapple Chunks	Fruit Cocktail	Pears	Mandarin Oranges
	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	Noodles	WG Roll	WG Hamburger Bun	Roll
SNACK	Select 2	Crackers	Plain Sun Chips 100% WG	Yogurt	Pretzel	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	Cheese Cubes	Apple Slices	Graham Crackers	Pineapple Tidbits	Animal 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!