

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	Pears (C)	Mandarin Oranges (C)	Strawberries (C)	Apple Slices (C)	Banana Slices (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 Cheerios	Bagel	Pancakes	Cheese 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.	Oven Fried Chicken	Meat Patty w/ Gravy	BBQ Chicken	Ground Meat Sloppy Joe	Ham Slices w/ Macaroni & Cheese
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Carrots	Collard Greens (A)	Green Beans	Green Beans
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Sweet Peas (A)	Pears	Pineapple Tidbits	Melon	Fruit Cocktail
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Roll	WG Rice	WG Bread	WG Hamburger Buns	Pasta
SNACK	Select 2	Peaches	Fruit Cup	Salsa	Yogurt	Seasonal 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	Animal Crackers	WG Crackers	Tortilla Chips	Graham Crackers	Cheese Cubes
	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!