

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) | Bananas (C) | Peaches (C) | Apples Slices (C) | Pineapple (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 | Bagel | Cheerios | Oatmeal | Waffles | 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. | Turkey Franks | Ground Meat w/ Chilli Beans | Baked Chicken w/ Gravy | Chicken Broccoli Casserole | Ham Slices w/ Macaroni & Cheese |
| | Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c | Baked Beans | Corn | Potatoes | Broccoli (A) | Green Beans (A) |
| | Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c | Oranges | Pears | Seasonal Fruit | Pineapple | Sweet corn |
| | Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c | WG Bread | WG Brown Rice | Dinner Roll | WG Pasta | WG Macaroni |
| SNACK | Select 2 | Yogurt | Apple Slices | Hummus Dip | Cheese & Crackers | Fruit Cup |
| | 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 | Ritz Crackers | Cheese Nips | WG Crackers | Oranges | Pretzels |
| | 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!