

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	Apple Slice (C)	Banana (C)	Mixed Fruit (C)	Pineapple (C)	Pears (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	Pancakes	WG Cereal	Cream of Wheat	English Muffin	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 w/Gravy	Ground Turkey w/ Marinara Sauce	Turkey & Cheese Sandwich	Sliced Deli Meat	Tuna
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Peas (A)	Carrot Sticks w/ Ranch Dip	Baked Beans	Green Salad w/ Tomatoes (A)
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Green Bean	Peaches	Pineapple	Apple Sauce	Oranges
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Biscuit	Pasta	WG Bread	WG Bread	Crackers
SNACK	Select 2	Cheese Wedges	Carrot Sticks	Fruit Cup	Apple Slices	Pineapple Tidbits
	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 Wheat Thins	Oranges	Muffin	Pita Chips	Cheese
	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!