

Menu Planning Worksheet for Children
 For each day of the week, write down the menus for the meal served.

D-4

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 Slices (C)	Strawberries (C)	Pineapple (C)	Peaches (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	WG Waffles	WG Cereal	Cream of Wheat	English Muffin w/ Jam	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.	Chicken & Vegetable Stir Fry	Ground Meat Sloppy Joe	All Meat Frank	Ham w/Macaroni & Cheese	Sliced Chicken w/ Cheese on Bun
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Mixed Vegetables	Crinkle Fries	Baked Beans	Sweet Peas (A)	Garden Salad w/ Tomato (A)
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Mixed Fruit	Apple Sauce /Carrots	Pears	Pineapple	Peaches
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Rice	WG Bun	Dinner Roll	Elbow Pasta	WG Bun
SNACK	Select 2	Watermelon Chunks	Orange Slices	Hummus Dip	Nacho Cheese Dip	Yogurt
	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 w/ Jam	WG Original Sun Chips	WG Tortilla Chips	Graham 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!