

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	Fruit Cup (C)	Orange Slices (C)	Apple Slices (C)	Apricots (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	English Muffin W/ Jam	Bagels w/ Cream Cheese	WG Cheerios	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.	Tuna Salad Sandwich	Turkey	Ham Slices	Beef Stroganoff	Baked Chicken
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Lettuce & Tomato	Lima Beans (A)	Baked Beans	Peas	Green Bean (A)
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Cantaloupe Chunks	Sweet Potatoes	Corn	Fruit Cocktail	Pears
	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 Roll	Bread	WG Noodles	Yellow Rice
SNACK	Select 2	Pears	Apple Slices	Salsa Dip	Peaches	Cubed Cheese
	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 Cracker	Muffin	Crackers or Tortilla Chips	Graham Crackers	WG 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!