

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

E-1

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 | Bananas (C) | Pears (C) | Orange Slices (C) | Cinnamon Apple Slices (C) | Melon Chunks (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 | Oatmeal w/ Cinnamon and Raisin | French Toast | Buttered Toast | Pancakes | WG Cheerios |
| | 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. | Sliced Turkey | Ground Meat w/ Cheese & Tomato | Baked Chicken w/ Gravy | Ground Meat & Cheese | Salmon Salad w/ Sliced Olives |
| | Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c | French Fries | Tossed Salad (A) | Broccoli (A) | Cauliflower | Tomato, Onions & Celery |
| | Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c | Carrot Sticks | Corn | Mixed Vegetables | Green Beans | Fruit Salad |
| | 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 Pita Bread | WG Rice | WG Noodles | Rotini pasta |
| SNACK | Select 2 | Seasonal Fruit | Deli Meat Strips | Yogurt | WG Crackers | Peaches |
| | 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 | Graham Crackers | WG Bread | Strawberries | Apple Sauce | Yogurt |
| | 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!