

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)	Peaches (C)	Orange Slices (C)	Cinnamon Apple Slices (C)	Strawberries (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	Cream of Wheat W/ Cinnamon	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.	Meat Patty	Fish Tacos w/ Cheese /Lettuce	Ground Meat w/ Cheese & Tomato	Baked Chicken w/ Gravy	Turkey-A-La King
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Carrots	Corn	Green beans (A)	Peas & Corn	Carrots
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Baked French Fries	Tomato & Avocado	Seasonal Fruit	Broccoli ( A)	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 Bun	WG Tortilla Shell	WG Lasagna Noodles	Potatoes	Rice
SNACK	Select 2	Seasonal Fruit	Yogurt	Pears	WG Crackers	Banana Bread
	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	Pretzels	Crackers	Cubed Cheese	Melon Chunks
	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!