

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	Strawberries (C)	Cinnamon Apple Slices(C)	Orange Slices (C)	Peaches (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	WG Cereal	French Toast	Bagels w/ Cream Cheese	WG Waffles	WG Honey Bunches of O's
	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	Ground Meat w/ Tomato Sauce	Chicken Alfredo	Beef Stew	Chef Salad w/ Egg & Cheese
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Tater Tots	Baked Beans	Lettuce & Tomato	Potatoes	Celery, Cucumbers, Peppers, & Carrots
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Peas (A)	Carrot Sticks	Fruit Salad	Carrots (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 Bread	WG Bun	WG Pasta	Elbow Macaroni	WG Crackers
SNACK	Select 2	Seasonal Fruit	Pineapple Chunks	Apple Slices	Pears	Seasonal Fruit
	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	Pretzels	WG Crackers	Cottage Cheese	Muffin
	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!