

Menu Planning Worksheet for Children
For each day of the week, write down the menus for the meal served. Summer-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	Fruit Cup (C)	Banana Slices (C)	Peaches (C)	Orange 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	English Muffin	Pancakes	French Toast	WG Cereal	Croissant
	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.	Ham w/Mac & Cheese	Meat Patty w/ Gravy	Taco w/Cheese, Lettuce, Tomato	All Meat Franks	Chicken
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Green Beans (A)	Potato Wedges	Corn	Baked Beans	Mixed Vegetables
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Mandarin Oranges	Broccoli (A)	Fruit Cocktail	Pears	Apricots
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Elbow Macaroni Pasta	WG Roll	WG Taco Shell	Roll	WG Whole Wheat Bread
SNACK	Select 2	Apple Slices	Plain Sun Chips 100% WG	Melon Chunks	Yogurt	Apple Wedges
	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	WG Crackers	Seasonal Fruit	WG Crackers	Peaches	Cubed Cheese
	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!