

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 Wedges (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	Bagel W/ Cream Cheese	Cheerios	Cheese Toast	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.	Macaroni & Cheese	Black-eyed Peas	Vegetable Soup/ Cottage Cheese	Refried Beans, Cheese, Lettuce	Egg Salad Sandwich
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Green Beans (A)	Green Salad (A)	Mixed vegetables	Corn	Oven French Fries
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Sliced Tomato	Carrots	Peaches	Tomato/ Salsa	Sweet corn
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	WG Elbow Macaroni Pasta	WG Rice	WG Whole Wheat Roll	WG Tortilla	WG Whole Wheat Bread
SNACK	Select 2	Mandarin Oranges	Mixed Fruit	Yogurt	Salsa Dip	Pineapple Tidbits
	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	100% WG Sun Chips Plain	Muffin	Graham Crackers	Tortilla Chips	Banana Bread
	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!