

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

Vegetarian-3

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	Pears (C)	Mandarin Oranges (C)	Strawberries (C)	Apple Slices (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 Cheerios	Bagels W/ Cream Cheese	Pancakes	Cheese Toast	WG 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.	Lentil Stew	Black Beans & Rice	Macaroni & Cheese	Cottage Cheese w/ Fruit	cheese & butter Sandwich
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Mixed Vegetables	Baked Plantains	Sweet Peas (A)	Three Bean Salad	Bean Soup
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Broccoli (A)	Melon	Orange Slices	Carrot Sticks
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Garlic Bread	Cuban Bread	WG Elbow Macaroni Pasta	WG Cracker	Whole Wheat Bread
SNACK	Select 2	Cubed Cheese	Apple Slices	Yogurt	Peaches	Trail Mix
	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	Crackers	100% WG Sun Chips	Graham Crackers	Banana Bread	Seasonal Fruit
	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!