

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: \_\_\_\_\_ 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)	Apple Slice (C)	Peaches (C)	Oranges 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	English Muffin	Pancakes	French Toast	WG Cereal	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.	veggie burger Sandwich	Vegetable & Cheese Lasagna	Taco Bake w/ Beans & Cheese	Grilled Cheese Sandwich	Egg Omelet w/ Tomato & Red Peppers
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Tater Tots	Broccoli (A)	Tomato, Lettuce, & Corn	Baked Beans	Carrot Sticks
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Apple Wedges	Peaches	Fruit Cocktail	Mixed Fruit	Peas (A)
	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 Lasagna Noodles	Taco Shell	WG Bread	WG Whole Wheat Roll
SNACK	Select 2	Yogurt	Salsa Dip	Fruit Cup	100% WG Plain Sun Chips	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	Graham Crackers	Tortilla Chip	(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!