

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	Peaches (C)	Fruit Cup (C)	Orange Slices (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	Cheese Toast	English Muffin	Bagels W/ Cream Cheese	Raisin Bread	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.	Egg Salad Sandwich	Cottage Cheese/ Fruited Yogurt ⁺	Bean Burrito w/ Beans & Cheese	Red Beans w/ WG Rice	Cheese Omelet w/ Tomato & Bell Peppers ⁺
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Oven Fries	Vegetable Soup	Lettuce, Tomato, & Salsa ⁺	Broccoli (A)	Mixed Green Salad(A)
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Strawberries/ Carrot Sticks	Peaches	Seasonal Fruit/ Corn	Baked Plantains	Apple Sauce
	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 Whole Wheat Roll	WG Soft Tortilla Shell	WG Brown Rice	Dinner Roll or Toast
SNACK	Select 2	Cheese	Bean Dip	Yogurt	Cottage Cheese	Peaches
	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	Tortilla Chips	Graham Crackers	Pineapple Tidbits	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!