

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

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:** unflavored whole **Two through five:** unflavored fat-free unflavored 1% **Six and older:** unflavored fat-free unflavored 1%
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| | 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 | Apple Slices (C) | Bananas (C) | Fruit Cocktail (C) | Pineapple (C) | Pears (C) |
| | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | Cheese Toast | WG Cereal | WG toast w/ jam | Bagel w/ Cream Cheese | 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. | Chicken | Taco Bake w/ cheese | Turkey Franks | BBQ Meat | Ground Turkey w/ Sauce |
| | Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c | Black Beans | Pineapple | Tater Tots | Baked Beans | Green salad |
| | Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c | Apples | Corn | Sweet Peas | Oranges | Peaches |
| | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | Yellow Rice | Tortilla Chips | WG Hot Dog Buns | WG Bun | Elbow Pasta |
| SNACK | Select 2 | Orange Slices | WG Crackers | Peaches | Fruit Cup | Salsa Dip |
| | 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 | Strawberries | Graham Crackers | Pretzels | Tortilla Chips |
| | Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c | | | | | |
| Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | | | | | | |

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. “WG bread” or “whole grain-rich crackers).

Refer to Meal Pattern for Children for serving sizes when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!