

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% flavored fat-free flavored 1%

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Child meal pattern food components: Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Oranges (C)	Peaches (C)	Pears (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	WG muffin	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
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Tuna salad	Sliced chicken	Cottage cheese	Ham + Cheese
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Lettuce	Sliced avocado	Carrots sticks	Cucumber slices
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¼ c	Oranges	Apple slices	Pineapple	Peaches
SNACK	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Croissant	WG wrap	Raisin bread	WG Crackers
	Select 2	Nut/seed butter	Strawberries	Salsa	Apple slices
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.				Yogurt
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.	Graham crackers	Cheese stick	Tortilla chips	Peaches
Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					Muffin
Fruit: Ages 1-2: ¼ 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!