

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	SATURDAY	SUNDAY
BREAKFAST	Child meal pattern food components:							
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.							
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c							
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent							
	Meat/Meat Alternate (<i>optional</i>)							
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.							
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.							
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c							
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ¼ c							
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent							
SNACK	Select 2							
	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							
	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!