Menu Planning Worksheet for Children For each day of the week, write down the menus for the meal served. 1/13, 2/10, 3/10, 4/7, 5/5,

Name of Child Care Facility: ✓ Menu Planning Age Group(s):1 & 23 - 56 - 18 Week of20 Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: unflavored fat-free flavored fat-free flavored fat-free flavored 1%						
BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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 (optional)					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
LUNCH/SUPPER	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.					
	Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/2 c					
LUN	Fruit or Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/4 c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Select 2					
SNACK	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!

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

1/20, 2/17, 3/17, 4/14, 5/12

	e of Child Care Facility:		√Menu Planning A	ge Group(s):1 & 2	3 - 56 - <u>18</u> Week	of Cycle 2 2025
Гуре	(s) of milk offered: One year olds	s: unflavored whole <u>Tv</u>	wo through five:	ored fat-free unflavored 1%	Six and older: unflavo	ored fat-free unflavored 1% d fat-free flavored 1%
	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.					
	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 (optional)					
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: 1/8 c; 3-5: 1/4 c; 6-18: 1/2 c					
	Fruit or Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/4 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					

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).

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6-18: 1 oz equivalent

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

1/27, 2/24, 3/24, 4/21, 5/19

Name	e of Child Care Facility:		✓Menu Planning A	ge Group(s):1 & 2	3 - 56 - 18 Week	of20
Туре(s) of milk offered: One year old	s: unflavored whole <u>Two</u>	o through five: unflavo	ored fat-free unflavored 1%		ored fat-free unflavored 19 d fat-free flavored 1%
	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.					
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c					
BR	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Meat/Meat Alternate (optional)					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
PER	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.					
LUNCH/SUPPER	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ½ c					
LUNC	Fruit or Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/4 c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
SNACK	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					

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).

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Menu Planning Worksheet for Children For each day of the week, write down the menus for the meal served. $1/6,\,2/3,\,3/3,\,3/31,\,4/28,\,5/26$

Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: flavored fat-free flavored 1% flavored fat-free flavored fat-free flavored 1%						
	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
BREAKFAST	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c					
BRE	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Meat/Meat Alternate (optional)					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.					
PER	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.					
LUNCH/SUPPER	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ½ c					
LUNC	Fruit or Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/4 c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
SNACK	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).

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