

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: _____ Two through five: _____ Six and older: _____

	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: $\frac{1}{4}$ c; 3-5: $\frac{1}{2}$ c; 6-18: $\frac{1}{2}$ c					
	Grains: Ages 1-2: $\frac{1}{2}$ slice/svg, $\frac{1}{4}$ c; 3-5: $\frac{1}{2}$ slice/svg, $\frac{1}{3}$ c; 6-18: 1 slice/svg, $\frac{3}{4}$ c					
	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: $1\frac{1}{2}$ oz.; 6-18: 2 oz.					
	Vegetable: Ages 1-2: $\frac{1}{8}$ c; 3-5: $\frac{1}{4}$ c; 6-18: $\frac{1}{2}$ c					
	Fruit or Vegetable: Ages 1-2: $\frac{1}{8}$ c; 3-5: $\frac{1}{4}$ c; 6-18: $\frac{1}{2}$ c					
	Grains: Ages 1-2: $\frac{1}{2}$ slice/svg, $\frac{1}{4}$ c; 3-5: $\frac{1}{2}$ slice/svg, $\frac{1}{4}$ c; 6-18: 1 slice/svg, $\frac{1}{2}$ c					
SNACK	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: $\frac{1}{2}$ oz.; 3-5: $\frac{1}{2}$ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: $\frac{1}{2}$ c; 3-5: $\frac{1}{2}$ c; 6-18: $\frac{3}{4}$ c					
	Fruit: Ages 1-2: $\frac{1}{2}$ c; 3-5: $\frac{1}{2}$ c; 6-18: $\frac{3}{4}$ c					
	Grains: Ages 1-2: $\frac{1}{2}$ slice/svg, $\frac{1}{4}$ c; 3-5: $\frac{1}{2}$ slice/svg, $\frac{1}{3}$ c; 6-18: 1 slice/svg, $\frac{3}{4}$ c					

Note: The type(s) of milk served must be noted on the menu for each age group (fat content and unflavored or flavored). 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!