

**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: \_\_\_\_\_

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 slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¾ 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 ½ oz.; 6-18: 2 oz.					
	Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c					
	Fruit or Vegetable: Ages 1-2: ⅛ c; 3-5: ¼ c; 6-18: ½ c					
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c					
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 slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ¾ 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!**