

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____

Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Milk							
	Vegetable/Fruit/Juice							
	Grains/Breads							
	Meat/Meat Alternative (optional)							
*MS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains/Breads							
LUNCH	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains/Breads							
*AS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains/Breads							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains/Breads							

Unflavored whole milk must be served to ages 1 thru 2 ***Unflavored 1% or non-fat milk must be served to ages 6 thru 12***

Refer to Meal Pattern for Children for serving sizes when planning menus.

*MS = morning snack, *AS = afternoon snack, *ES = evening snack

MENUS MUST BE POSTED AND MAINTAINED ON FILE!

I-017-02

2018