

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%

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 slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6-18: 1 slice/svg, ¼ c					
	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: ⅙ c; 3-5: ¼ c; 6-18: ½ c					
	Fruit or Vegetable: Ages 1-2: ⅙ c; 3-5: ¼ c; 6-18: ¼ 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					

IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3. Requires a Child Nutrition (CN) Label, Product Formulation (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. ** Foods must be cut for children 1-3 years of age. When a drink is not specifically listed with a snack, water is the recommended beverage. (Note: Water is not a creditable food item). All food must be peanut and tree nut free. Alternate items are for sites that do not have re-heating capacity.

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Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free skim milk. Children 1-5 years old: Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more pf Vitamin C. Fruit juice must not be served more than once a day.

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