

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 - 12 Week of _____20__

Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk					
	Vegetable/Fruit/Juice					
	Grains/Breads					
LUNCH	Milk					
	Meat/Meat Alternate					
	Vegetable or Fruit					
	Vegetable or Fruit					
	Grains/Breads					
SNACK	Select 2					
	Milk					
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice					
	Grains/Breads					

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

MENUS MUST BE POSTED AND MAINTAINED ON FILE!