

**Menu Planning Worksheet for Children**  
 For each day, list foods that will be 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
<b>BREAKFAST</b>	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 oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
	Meat/Meat Alternate ( <i>optional</i> )					
<b>LUNCH/SUPPER</b>	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 oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					
<b>SNACK</b>	<b>Select 2</b>					
	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: ¼ c					
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c					
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as “WG” or “WGR”. One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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

**MENUS MUST BE POSTED AND MAINTAINED ON FILE!**