

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 | SATURDAY | SUNDAY |
|---------------------|---|--------|---------|-----------|----------|--------|----------|--------|
| 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 oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | | | | | | | |
| | 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: ¼ c; 3-5: ¼ c; 6-18: ½ c | | | | | | | |
| | Fruit or Vegetable: Ages 1-2: ⅓ 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 | | | | | | | |
| 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 oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | | | | | | | |

Note: 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!

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Revised 6/2026

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