## Menu Planning Worksheet for Children For each day of the week, write down the menus for the meal served.

lame of Child Care Facility:	Kinderhouse Preschool	✓ Menu Planning Age Group(s): ✓ 1 & 2 ✓ 3 - 5 ✓ 6 - 18 Week of	
vpe(s) of milk offered: One year	olds: Whole Milk	Two through five: Unflavored Fat Free or 1% Milk Six and older: Unflavored Fat Free or 1% Milk	(

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
BREAKFAST	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Oranges Juice	Apples	Oranges	Bananas	Grape Juice
BRI	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, 1/3 c; 6- 18:1 slice/svg, ¾ c	WG Cheerios	Pancakes	Croissants	Waffles	WG Mini Wheat
	Meat/Meat Alternate (optional)					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
PER	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Beef Franks	Yogurt	Chicken Nuggets	Ham Slices	Cheese Pizza
LUNCH/SUPPER	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ½ c	Corn	Broccoli	Mixed Vegetables	Baked Beans	Pickles
LUNC	Fruit or Vegetable: Ages 1-2: 1/8 c; 3-5: 1/4 c; 6-18: 1/2 c	Pears	Strawberries	Fruit Salad	Peaches	Raisins
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ¼ c; 6-18: 1 slice/svg, ½ c	Butter Bread	WG Granola	WG Bread	WG Potato Bread	Pizza Crust
SNACK	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Gold Fish	Apple Juice	WG Wheat Thins	Pretzels	Animal Crackers
	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	Craisins	Cheez-its	Cheese Sticks	Apple Sauce	Milk
	Grains: Ages 1-2: ½ slice/svg, ¼ c; 3-5: ½ slice/svg, ⅓ c; 6-18: 1 slice/svg, ¾ c					

Note: The type(s) of milk served must be noted on the menu for each age group (fat content and unflavored or flavored). The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers").

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

MENUS MUST BE POSTED AND MAINTAINED ON FILE!

Revised 10/2018