

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: _____ Two through five: _____ Six and older: _____

BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Milk							
	Vegetable/Fruit/Juice							
	Grains/Breads							
*MS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains/Breads							
LUNCH	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains/Breads							
*AS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains/Breads							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains/Breads							
*ES (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains/Breads							

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"). *MS = morning snack, *AS = afternoon snack, *ES = evening snack