

**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
	Milk					
	Vegetable/Fruit/Juice					
	Grains					
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk					
	Meat/Meat Alternate					
	Vegetable					
	Fruit or Vegetable					
	Grains					
SNACK	Select 2					
	Milk					
	Meat/Meat Alternate					
	Vegetable					
	Fruit/Juice					
	Grains					

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

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

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