

Menu Planning Worksheet for Children

For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: Giggles Preschool ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of 9/04- 9/ 07 2018

Type(s) of milk offered: One year olds: whole milk Two through five: 1% Six and older: 1%

Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice		strawberries	blueberries	strawberries	Banana
	Grains		Waffles	pancake sausage	French toast	Alpha bits
	Meat/Meat Alternate <i>(optional)</i>					
LUNCH/SUPPER	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate		chicken baked	porkchop/ gravy	corn dog	Mac & Cheese Ham
	Vegetable		potatoes & carrots	rice/corn	FF/GREEN BEANS	peas
	Fruit or Vegetable		broc & cheese	peaches	applesauce	fruit cocktail
	Grains		bread	bread	bread on corn dog	bread
SNACK	Select 2		mixed fruit	animal crackers	goldfish	applesauce
	Milk					
	Meat/Meat Alternate					
	Vegetable		crackers	yogurt	cheese	honey crackers
	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!