

**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 - 12 Week of \_\_\_\_\_ 20\_\_\_\_

Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Milk							
	Vegetable/Fruit/Juice							
	Grains/Breads							
<b>LUNCH</b>	Milk							
	Meat/Meat Alternate							
	Vegetable or Fruit							
	Vegetable or Fruit							
	Grains/Breads							
<b>SNACK</b>	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable/Fruit/Juice							
	Grains/Breads							

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

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