

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 |
|-------------------------------------|-----------------------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST | Milk | | | | | | | |
| | Vegetable/Fruit/Juice | | | | | | | |
| | Grains/Breads | | | | | | | |
| LUNCH | Milk | | | | | | | |
| | Meat/Meat Alternate | | | | | | | |
| | Vegetable or Fruit | | | | | | | |
| | Vegetable or Fruit | | | | | | | |
| | Grains/Breads | | | | | | | |
| SNACK | 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