

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