

**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**