

# 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\_\_\_\_

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