

**Menu Planning Worksheet for Children**  
 For each day of the week, write down the menus for the meal served.

Name of Child Care Provider \_\_\_\_\_ ✓ Menu Planning Age Group(s): \_\_\_\_\_ 1 & 2 \_\_\_\_\_ 3 - 5 \_\_\_\_\_ 6 - 18 Week of \_\_\_\_\_ 20\_\_\_\_\_

BREAKFAST	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Milk						
	Meat/Meat Alternate (optional)							
	Vegetable/Fruit/Juice							
	Grains							
*MS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							
LUNCH	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains							
*AS (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							
SUPPER	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Vegetable or Fruit							
	Grains							
*ES (SNACK)	Select 2							
	Milk							
	Meat/Meat Alternate							
	Vegetable							
	Fruit/Juice							
	Grains							

The type of milk (fat content and if flavored) must be noted (e.g. "plain 1% milk"). The daily whole grain serving must be noted (e.g. "WG bread")

**Refer to Meal Pattern for Children for serving sizes when planning menus. When a drink is not specifically listed with a snack, water is recommended as a beverage.**  
 \*MS = morning snack, \*AS = afternoon snack, \*ES = evening snack **AT END OF MONTH SUBMIT WORKSHEET TO SPONSOR!**