

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 - 18 Week of _____ 20_____

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

Refer to Meal Pattern for Children for serving sizes when planning menus.
 *MS = morning snack, *AS = afternoon snack, *ES = evening snack

MENUS MUST BE POSTED AND MAINTAINED ON FILE!