

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__

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