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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
BREAKFAST	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Vegetable/Fruit/Juice	Fruit 	Juice 	Fruit 	Juice 	Fruit 
	Grains/Breads	Cereal 	Waffles Syrup 	Cereal 	Toast Butter 	Cereal 
LUNCH	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Meat/Meat Alternate	Ham- Cheese 	Beef 	Ham 	Eggs 	Chicken Nuggets 
	Vegetable or Fruit	Plantain Soup 	Vegetables 	Salad 	Black Beans 	Mashed Potatoes 
	Vegetable or Fruit	Fruit 	Fruit 	Fruit 	Fruit 	Fruit 
	Grains/Breads	Bread 	Rice/ Breads 	Cheese w/ Spaghetti Ground Beef 	Rice 	Bread 
SNACK	Select 2					
	Milk		Milk 		Milk 	
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Juice 	Fruit 	Juice 	Pound Cake 	Juice Saltine Crackers Peanut Butter 
	Grains/Breads	Animal Crackers 		Cereal bar 		

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Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Vegetable/Fruit/Juice	Fruit 	Juice 	Fruit 	Juice 	Fruit 
	Grains/Breads	Cereal 	Pancake w/ Syrup 	Cereal 	Toast w/ cheese 	Cereal 
LUNCH	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Meat/Meat Alternate	Turkey* 	Chicken 	Ham 	Eggs 	Fish 
	Vegetable or Fruit	Vegetable Soup 	Vegetable 	Salad 	Red Beans 	Mashed Potatoes 
	Vegetable or Fruit	Fruit 	Fruit 	Fruit 	Fruit 	Fruit 
	Grains/Breads	Breads 	Rice W/ Beans 	Macaroni Cheese W/ Ground Beef 	Rice 	Bread 
SNACK	Select 2					
	Milk		Milk 		Milk 	
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Juice 				
	Grains/Breads	Vanilla cookies 	Fruit 	Juice Cereal Bar 	Pound cake 	Juice Jelly Saltin Crackers 

Refer to Meal Pattern for Children for serving sizes when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!

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 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
BREAKFAST	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Vegetable/Fruit/Juice	Fruit 	Juice 	Fruit 	Juice 	Fruit 
	Grains/Breads	Cereal 	French toast Syrup 	Cereal 	Jelly Sandwich 	Cereal 
LUNCH	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Meat/Meat Alternate	Chicken 	Turkey 	Ground Beef 	Eggs 	Beef 
	Vegetable or Fruit	Vegetable Soup 	Vegetable 	Salad 	Split peas 	Mashed Potatoes 
	Vegetable or Fruit	Fruit 	Fruit 	Fruit 	Fruit 	Fruit 
	Grains/Breads	Bread 	Rice & Beans 	Pasta W/ Ground Beef 	Rice & Beans 	Bread 
SNACK	Select 2					
	Milk		Milk 		Milk 	
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Juice 	Fruit 	Juice 	Muffin 	Juice  Crackers 
Grains/Breads	Goldfish Crackers 		Cereal Bar 		Viena Sausage 	

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




























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For each day of the week, write down the menus for the meal served.

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Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fruit	Juice	Fruit	Juice	Fruit
	Grains/Breads	Cereal	Bagel W/ Cream Cheese	Cereal	Toast W/ Jelly	Cereal
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Tuna	Pork	Beef	Eggs	Chicken
	Vegetable or Fruit	Corn Soup	Vegetable	Salad	Lentils	Mashed Potatoes
	Vegetable or Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Grains/Breads	Bread	Rice W/ Beans	Ravioli W/ Ground Beef	Rice W/ Beans	Bread
SNACK	Select 2					
	Milk		Milk		Milk	
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Juice	Fruit	Juice	Fruit	Juice  Cracker
	Grains/Breads	Chocolate Chip		Cereal Bar		Cream Cheese

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Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Vegetable/Fruit/Juice	Fruit 	Juice 	Fruit 	Juice 	Fruit 
	Grains/Breads	Cereal 	French toast  Syrup 	Cereal 	Toast W/ Butter 	Cereal 
LUNCH	Milk	Milk 	Milk 	Milk 	Milk 	Milk 
	Meat/Meat Alternate	Pork 	Shredded Beef 	Ham 	Eggs 	Ground Beef 
	Vegetable or Fruit	Malanga Soup 	Vegetable 	Salad 	Chick Peas 	Mashed Potatoes 
	Vegetable or Fruit	Fruit 	Fruit 	Mix Vegetables 	Fruit 	Fruit 
	Grains/Breads	Bread 	Rice & Beans 	Macaroni W/ Ground Beef 	Rice & Beans 	Pizza 
SNACK	Select 2	Oreo Cookies 	Milk 		Milk 	
	Milk					
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Juice 	Fruit 	Fruit Yogurt 	Fruit 	Juice  Crackers  Butter 
	Grains/Breads					

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