

**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\_\_\_\_

|                  |                                     | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|-------------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| <b>BREAKFAST</b> | Child meal pattern food components: |        |         |           |          |        |          |        |
|                  | Milk                                |        |         |           |          |        |          |        |
|                  | Vegetable/Fruit/Juice               |        |         |           |          |        |          |        |
|                  | Grains/Breads                       |        |         |           |          |        |          |        |
| <b>LUNCH</b>     | Milk                                |        |         |           |          |        |          |        |
|                  | Meat/Meat Alternate                 |        |         |           |          |        |          |        |
|                  | Vegetable or Fruit                  |        |         |           |          |        |          |        |
|                  | Vegetable or Fruit                  |        |         |           |          |        |          |        |
|                  | Grains/Breads                       |        |         |           |          |        |          |        |
| <b>SNACK</b>     | 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**