

Menu Planning Template—Children

Name of Center/Home: _____ Week Beginning: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST — Serve milk, grain/bread and fruit/vegetable. Meat/meat alternate is optional.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable	_____	_____	_____	_____	_____
3. Grain or Bread	_____	_____	_____	_____	_____
4. Meat or Meat Alternate (optional)	_____	_____	_____	_____	_____
AM SNACK — Select 2 of the 4 components. Items must be from two different food categories.					
1. Milk					
2. Fruit or Vegetable	_____	_____	_____	_____	_____
3. Grain or Bread	_____	_____	_____	_____	_____
4. Meat or Meat Alternate	_____	_____	_____	_____	_____
Beverage	Water	Water	Water	Water	Water
LUNCH — Serve all 5 components.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable	_____	_____	_____	_____	_____
3. Fruit or Vegetable	_____	_____	_____	_____	_____
4. Grain or Bread	_____	_____	_____	_____	_____
5. Meat or Meat Alternate	_____	_____	_____	_____	_____
SNACK — Select 2 of the 4 components. Items must be from two different food categories.					
1. Milk					
2. Fruit or Vegetable	_____	_____	_____	_____	_____
3. Grain or Bread	_____	_____	_____	_____	_____
4. Meat or Meat Alternate	_____	_____	_____	_____	_____
Beverage	Water	Water	Water	Water	Water
SUPPER — Serve all 5 components.					
1. Milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk	1% or fat-free milk
2. Fruit or Vegetable	_____	_____	_____	_____	_____
3. Fruit or Vegetable	_____	_____	_____	_____	_____
4. Grain or Bread	_____	_____	_____	_____	_____
5. Meat or Meat Alternate	_____	_____	_____	_____	_____

Milk should be whole for children 12 through 23 months; 1% or fat-free for children 2 years of age and older.

If milk is selected as a snack component, no juice is allowed.

Water is a healthy drink for quenching thirst and should be available at all times. Encourage children to drink water at snack, after meals or during play to quench thirst.