



REGULAR MENU PLANNING WORKSHEET

Month: _____

Provider Name: _____

Provider #: _____

Week 1		Day/Date:			Food Item	Food Item	Food Item	Food Item	Food Item
		Portion per child 1-2 yrs	Portion per child 3-5 yrs	Portion per child 6-12 yrs					
Breakfast	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/4 c	1 sl 1/2 c	whole grain toast	waffles	farina	french toast	oatmeal
	Juice/Fruit/Veg	1/4 c	1/2 c	1/2 c	peaches	blueberries	orange	honeydew melon	banana & raisin
	Milk	1/2 c	3/4 c	1 c	7	7	7	7	7
AM Snack Choose 2 of 4	Meat/Alternate	1/2 oz 1/8 c	1/2 oz 1/8 c	1 oz 1/4 c	cheddar cheese		soybeans		
	Bread/Alternate	2ser 1/4c	2ser 1/3c	3ser 3/4 c	soda cracker	oatmeal cookies*	bread sticks		chex mix
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4 c				sweet potato	applesauce
	Milk	1/2 c	1/2 c	1 c		7		chocolate milk	
Lunch	Meat/Alternate	1 oz 1/4 c	1 1/2 oz 3/8c	2 oz 1/2 c	chicken breast	tuna	ground beef	red kidney beans	mozzarella cheese
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/4 c	1 sl 1/2 c	brn wht mix rice	wheat bread	spaghetti noodles	saltine crackers	pizza crust
	Fruit/Veg	1/8 c	1/4 c	1/4 c	green beans	cucumber slices	stewed tomatoes	celery & onions	pineapple slices
	Fruit/Veg	1/8 c	1/4 c	1/2 c	corn	tomato	tossed green salad	green peppers	cole slaw w/carrots
	Milk	1/2 c	3/4 c	1 c	7	7	7	7	7
PM Snack Choose 2 of 4	Meat/Alternate	1/2s 2oz	1/2s 2 oz	1/2s 4 oz	boiled egg	swiss cheese			yogurt
	Bread/Alternate	1/4 c 1/2ser	1/3 c 1/2ser	3/4 c 1ser			cheerios	homemade muffins	
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4c	grape juice	broccoli		kiwi	blackberries
	Milk	1/2 c	1/2 c	1 c			7		
Dinner	Meat/Alternate	1 oz 1/4 c	1 1/2 oz 3/8c	2 oz 1/2 c	stew meat	fish sticks	turkey	salmon fillet	soybeans
	Bread/Alternate	1/2sl 1/4c	1/2 sl 1/4 c	1 sl 1/2 c	enriched rice	whole wheat rolls	brown rice	macaroni & cheese	sweet bread
	Fruit/Veg	1/8 c	1/4 c	1/2 c	potatoes/celery	zucchini	sweet potato	green peas	spinach
	Fruit/Veg	1/8 c	1/4 c	1/4 c	onion/carrots	cauliflower	broccoflower	peaches	mandarin orange
	Milk	1/2 c	3/4 c	1 c	7	7	7	7	7
EV Snack Choose 2 of 4	Meat/Alternate	1/2 oz 1/8 c	1/2 oz 1/8 c	1 oz 1/4 c	refried beans		cheddar cheese	mixed nuts	
	Bread/Alternate	1/2 sl 2 cr	1/2sl 2 cr	1 sl 3 cr	whole wheat tortillas	cream crackers	english muffin	granola	bagel & cream cheese
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4 c		cantaloupe			
	Milk	1/2 c	1/2 c	1 c					strawberry milk

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.