

Weekly Menu for Children (5 Day)

Week of: _____

Child Care Provider Name: _____

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1 Cup					
	Breads/Grains/ Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz					
Lunch	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz					
	Breads/Grains/ Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup					
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total					
Snack (Select 2)	Milk, Fluid	1/2 Cup	1/2 cup	1 Cup					
	Vegetable, Fruit or Juice	1/2 Cup	1/2 Cup	3/4 Cup					
	Breads/Grains/ Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup					
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz					
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER