



REGULAR MENU PLANNING WORKSHEET

Month: _____

Provider Name: _____

Provider #: _____

		Day/Date:			Food Item	Food Item	Food Item	Food Item	Food Item
		Portion per child	Portion per child	Portion per child					
		1-2 yrs	3-5 yrs	6-12 yrs					
Breakfast	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Juice/Fruit/Veg	1/4 c	1/2 c	1/2 c					
	Milk	1/2 c	3/4 c	1 c					
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					
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4 c					
	Milk	1/2 c	1/2 c	1 c					
Lunch	Meat/Alternate	1 oz 1/4 c	1 1/2 oz 3/8c	2 oz 1/2 c					
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Fruit/Veg	1/8 c	1/4 c	1/4 c					
	Fruit/Veg	1/8 c	1/4 c	1/2 c					
	Milk	1/2 c	3/4 c	1 c					
PM Snack Choose 2 of 4	Meat/Alternate	1/2 oz 1/8 c	1/2 oz 1/8 c	1 oz 1/4 c					
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4 c					
	Milk	1/2 c	1/2 c	1 c					
Dinner	Meat/Alternate	1 oz 1/4 c	1 1/2 oz 3/8c	2 oz 1/2 c					
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Fruit/Veg	1/8 c	1/4 c	1/2 c					
	Fruit/Veg	1/8 c	1/4 c	1/4 c					
	Milk	1/2 c	3/4 c	1 c					
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					
	Bread/Alternate	1/2 sl 1/4 c	1/2 sl 1/3 c	1 sl 3/4 c					
	Juice/Fruit/Veg	1/2 c	1/2 c	3/4 c					
	Milk	1/2 c	1/2 c	1 c					

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.