



# REGULAR MENU PLANNING WORKSHEET

Month: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Provider #: \_\_\_\_\_

		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	
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	3/4 c	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

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		Portion per child	Portion per child	Portion per child					
		1-2 yrs	3-5 yrs	6-12 yrs					
Breakfast	Bread/Alternate				raisin toast w/eggs	corn bread	clusters	fried rice	cheerios
	Juice/Fruit/Veg				apricot	hash brown	banana	peas & carrots	nectarine
	Milk				7	7	7	7	7
AM Snack Choose 2 of 4	Meat/Alternate					cheddar cheese	egg salad		
	Bread/Alternate				mango bread		flat bread	biscuit	graham crackers
	Juice/Fruit/Veg					potato skins			cherries
	Milk				7			chocolate milk	
Lunch	Meat/Alternate				brisket	chicken thighs	fresh fish	chicken nugget	corn beef*
	Bread/Alternate				dumplings	french bread	brown rice	sweet bread	enriched rice
	Fruit/Veg				butter beans	mandarin orange	black beans	cole slaw	white cabbage
	Fruit/Veg				carrots/celery	kiwi	apricot	acorn squash	strawberries
	Milk				7	7	7	7	7
PM Snack Choose 2 of 4	Meat/Alternate						cashew/almonds		
	Bread/Alternate				bread sticks	peanut butter cookies*		mini wheats	ritz crackers
	Juice/Fruit/Veg				homemade salsa		cranberries		carrots w/ranch dip
	Milk					7		7	
Dinner	Meat/Alternate				whole turkey	ground beef	lentils	spareribs	round steak
	Bread/Alternate				couscous	hamburger bun	whole wheat rolls	brown rice	jasmine rice
	Fruit/Veg				cranberry sauce	tomato	corn on the cob	pineapple chunks	red peppers
	Fruit/Veg				mashed potato	cucumber sticks	prunes	turnips	mushroom/onion
	Milk				7	7	7	7	7
EV Snack Choose 2 of 4	Meat/Alternate					yogurt milkshake		soybeans	
	Bread/Alternate				whole grain tortilla chips			fried rice	granola bars*
	Juice/Fruit/Veg				garbanzo beans	strawberries	fruit cocktail w/Jell-O		pears
	Milk						7		

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		Portion per child	Portion per child	Portion per child					
		1-2 yrs	3-5 yrs	6-12 yrs					
Breakfast	Bread/Alternate				bagel	cinnamon rolls	corn flakes	waffles	kix
	Juice/Fruit/Veg				grapes	orange juice	banana	blueberry	peaches
	Milk				milk	milk	milk	milk	milk
AM Snack Choose 2 of 4	Meat/Alternate				tuna			almonds	
	Bread/Alternate					vanilla wafers*	coffee cake		raisin toast
	Juice/Fruit/Veg				celery sticks	strawberriesw/		mandarin orange	papaya
	Milk					whipped cream	milk		
Lunch	Meat/Alternate				canadian bacon*	ground beef	kalua pig	chicken nuggets	fish sticks
	Bread/Alternate				english muffin	macaroni & cheese	enriched rice	dumplings	wheat rolls
	Fruit/Veg				hash browns	tomato sauce/onions	cabbage	cranberry sauce	sweet potato
	Fruit/Veg				peaches	mushroom/celery	poi	pear	spinach
	Milk				milk	milk	milk	milk	milk
PM Snack Choose 2 of 4	Meat/Alternate					swiss cheese			refried beans
	Bread/Alternate				blueberry muffin	biscuit	graham cracker	club cracker	tortilla chips
	Juice/Fruit/Veg				frozen grapes		applesauce	avocado	
	Milk								
Dinner	Meat/Alternate				scrambled eggs	pinto beans	yogurt	pork chop	ground turkey
	Bread/Alternate				fried rice	corn tortillas	sweet bread	biscuit	hamburger bun
	Fruit/Veg				peas/carrots	homemade salsa	soybeans	plantain	watermelon
	Fruit/Veg				hash brown	avocado	carrot sticks	lima beans	french fries
	Milk				milk	milk	milk	milk	milk
EV Snack Choose 2 of 4	Meat/Alternate					cheddar cheese	almonds & walnuts		
	Bread/Alternate					english muffin	banana bread	homemade muffins	
	Juice/Fruit/Veg				sweet potato fries	spaghetti sauce		peach juice	orange
	Milk				milk				milk

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		Portion per child	Portion per child	Portion per child						
		1-2 yrs	3-5 yrs	6-12 yrs						
Breakfast	Bread/Alternate				cheerios	butter milk pancakes	biscuit	corn chex	wheat toast w/eggs	
	Juice/Fruit/Veg				banana & raisins	peaches	tangerine	grape juice	apricot	
	Milk				7	7	7	7	7	
AM Snack	Choose 2 of 4	Meat/Alternate					swiss cheese	mixed nuts		
		Bread/Alternate				carrot bread	ritz cracker	clusters	chex mix	
		Juice/Fruit/Veg				pear	homemade apple pie		mandarin orange	
		Milk					milk			
Lunch	Meat/Alternate				ground pork	fish sticks	mozzarella cheese	ham*	chicken breasts	
	Bread/Alternate				brown/white mix rice	croissant	pizza crust	egg noodles	dinner rolls	
	Fruit/Veg				eggplant	carrot sticks/w dip	g peppers/mushroom	green peas	cranberry sauce	
	Fruit/Veg				onion/mushroom	french fries	pineapple slices	red peppers	sweet mash potato	
	Milk				milk	milk	milk	milk	milk	
PM Snack	Choose 2 of 4	Meat/Alternate				cashews		yogurt	string cheese	
		Bread/Alternate				clusters	butter cookies*		oyster crackers	
		Juice/Fruit/Veg					dates		blueberries	
		Milk				milk		chocolate milk		
Dinner	Meat/Alternate				black beans	stew meat	ground beef	chicken legs	chuck roast	
	Bread/Alternate				whole grain tortillas	enriched rice	hamburger bun	biscuit	cornbread	
	Fruit/Veg				tomato/onion	potato	tomato/lettuce	french fries	pears	
	Fruit/Veg				green peppers	carrots/celery	apricot	snow peas	broccoli	
	Milk				milk	milk	milk	milk	milk	
EV Snack	Choose 2 of 4	Meat/Alternate				char siu (sweet pork)	colby cheese		yogurt	
		Bread/Alternate				banana bread	saimin	club cracker	graham cracker*	
		Juice/Fruit/Veg							apple juice	banana
		Milk				milk				

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		Portion per child	Portion per child	Portion per child						
		1-2 yrs	3-5 yrs	6-12 yrs						
Breakfast	Bread/Alternate				oatmeal	waffles	french bread	mango bread	sweet rolls	
	Juice/Fruit/Veg				banana/raisin	peaches	orange juice	mandarin orange	applesauce	
	Milk				7	7	7	7	7	
AM Snack	Choose 2 of 4	Meat/Alternate			cheddar cheese					
		Bread/Alternate			soda cracker	oatmeal cookie*	chex mix	dumplings	kix	
		Juice/Fruit/Veg				100% juice popsicle	apple wedges	sweet potato		
		Milk							milk	
Lunch	Meat/Alternate				corn dog *	soybeans	ground beef	red kidney beans	mozzarella cheese	
	Bread/Alternate				corn dog wrap	cornbread	taco shell	club crackers	lasagna	
	Fruit/Veg				green peas	acorn squash	orange slices	green peppers/onions	stewed tomatoes	
	Fruit/Veg				watermelon	cucumber slices	tomato/lettuce	apricot/prune mix	corn	
	Milk				milk	milk	milk	milk	milk	
PM Snack	Choose 2 of 4	Meat/Alternate			boiled egg	swiss cheese		yogurt		
		Bread/Alternate			cornbread		homemade muffins		cheerios	
		Juice/Fruit/Veg				broccoli	kiwi	blackberries		
		Milk							milk	
Dinner	Meat/Alternate				salmon fillet	stew meat	chicken nuggets	beef sausage*	whole chicken	
	Bread/Alternate				sweet bread	enriched rice	macaroni & cheese	english muffin	french bread	
	Fruit/Veg				spinach	carrots/celery	soybeans	hash brown	cranberry sauce	
	Fruit/Veg				pear	apple slices	cheerios	cantaloupe	mandarin orange	
	Milk				milk	milk	milk	milk	milk	
EV Snack	Choose 2 of 4	Meat/Alternate								
		Bread/Alternate				graham cracker	biscuit	choc chip cookies*	corn chex	french toast
		Juice/Fruit/Veg					grapes		banana	peach juice
		Milk				chocolate milk		milk		

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		1-2 yrs	3-5 yrs	6-12 yrs					
Breakfast	Bread/Alternate				fried rice	oatmeal	french toast	coffee cake	cream of wheat
	Juice/Fruit/Veg				peaches	banana	hash brown	mandarin orange	papaya
	Milk				7	7	7	7	7
AM Snack Choose 2 of 4	Meat/Alternate				tuna	almonds		yogurt	colby cheese
	Bread/Alternate				flat bread		carrot bread		club crackers
	Juice/Fruit/Veg					pears		blueberries	
	Milk						7		
Lunch	Meat/Alternate				roast pork	turkey franks*	mont jack cheese	chicken thighs	fresh fish
	Bread/Alternate				chow mein noodles	hot dog bun	pizza crust	croissants	spanish rice
	Fruit/Veg				peas & carrots	baked beans	spaghetti sauce	apple slices	snow peas
	Fruit/Veg				onions/celery	fruit cocktail	pineapple	pumpkin	onion rings
	Milk				7	7	7	7	7
PM Snack Choose 2 of 4	Meat/Alternate				mixed nuts			cheddar cheese	soybeans
	Bread/Alternate				granola	cheerios	melba toast	biscuits	
	Juice/Fruit/Veg						mangoes		corn on the cob
	Milk					milk			
Dinner	Meat/Alternate				refried beans	ground beef	beef ribs	pork w/tofu	boiled eggs
	Bread/Alternate				whole wheat tortillas	macaroni	brown rice	enriched rice	sweet bread
	Fruit/Veg				homemade salsa	spaghetti sauce	red/green peppers	celery/onion	soybeans
	Fruit/Veg				tossed green salad	asparagus	cole slaw	plum	hash browns
	Milk				7	7	7	7	7
EV Snack Choose 2 of 4	Meat/Alternate						peanut butter		
	Bread/Alternate				cornbread	fried rice	cream crackers	bread pudding	butter cookies*
	Juice/Fruit/Veg				peaches	peas & carrots	grape juice	french fries	
	Milk								7

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