



# 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          |           |           |           |           |           |
| <b>Breakfast</b>                 | 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               |           |           |           |           |           |
| <b>AM Snack</b><br>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               |           |           |           |           |           |
| <b>Lunch</b>                     | 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               |           |           |           |           |           |
| <b>PM Snack</b><br>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               |           |           |           |           |           |
| <b>Dinner</b>                    | 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               |           |           |           |           |           |
| <b>EV Snack</b><br>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               |           |           |           |           |           |

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