



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	Meat/ Alternate	1/2 oz	1/2 oz	1 oz	Scrambled Egg w/ Cheese	Whole Grain Cheerios	Croissant	Whole Grain French Toast	Banana Bread
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit/Vegetable	1/4 c	1/2 c	1/2 c					
	Milk	4 oz	6 oz	8 oz					
AM Snack Choose 2 of 5	Meat/Alternate	1/2 oz	1/2 oz	1 oz	Tuna Soda Crackers	Melted Cheddar Cheese	Whole Grain Toast	Whole Grain Cheerios	Cheese Crackers
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit	1/2 c	1/2 c	3/4 c					
	Vegetable	1/2 c	1/2 c	3/4 c					
Milk	4 oz	4 oz	8 oz	Over Green Beans	Pineapples	Milk	Applesauce		
Lunch	Meat/Alternate	1 oz	1 1/2 oz	2 oz	Cheddar Cheese Quesadilla	Ground Turkey Patty	Baked Chicken Thigh	Kalua Pig	Ham & Cheese
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit/Vegetable	1/8 c	1/4 c	1/4 c					
	Vegetable	1/8 c	1/4 c	1/2 c					
	Milk	4 oz	6 oz	8 oz					
Whole Grain Tortilla	Whole Grain Bun	Brown Rice	Brown Rice	Croissant					
Bananas	Pineapples	Cantaloupe	Grapes	Carrot Sticks					
Corn	Baked Potato Wedges	Green Beans	Cabbage	Zucchini Sticks					
Milk	Milk	Milk	Milk	Milk					
PM Snack Choose 2 of 5	Meat/Alternate	1/2 oz	1/2 oz	1 oz	String Cheese	Yogurt	Cheddar Cheese	Soda Cracker	Pineapples
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit	1/2 c	1/2 c	3/4 c					
	Vegetable	1/2 c	1/2 c	3/4 c					
	Milk	4 oz	4 oz	8 oz					
Whole Grain Tortilla	Bananas	Zucchini Sticks							
Dinner	Meat/Alternate	1 oz	1 1/2 oz	2 oz	Corned Beef	Shoyu Chicken	Ground Beef Taco Salad	Tuna Pasta Salad	Cheddar Cheese
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit/Vegetable	1/8 c	1/4 c	1/2 c					
	Vegetable	1/8 c	1/4 c	1/4 c					
	Milk	4 oz	6 oz	8 oz					
Whole Grain Roll	Brown Rice	Whole Grain Chips	Whole Grain Farfalle	Whole Grain Macaroni					
Baked Potatoes	Cantaloupe	Lettuce & Tomatoes	Fruit Cocktail	Banana					
Cabbage & Onion	Peas & Carrots	Mashed Avocado	Peas & Carrots	Broccoli					
Milk	Milk	Milk	Milk	Milk					
Evening Snack Choose 2 of 5	Meat/Alternate	1/2 oz	1/2 oz	1 oz	Cheese Cracker	Croissant	Cheddar Cheese	Banana Bread	Yogurt w/ Granola
	Grain/Alternate	1/2 serving	1/2 serving	1 serving					
	Fruit	1/2 c	1/2 c	3/4 c					
	Vegetable	1/2 c	1/2 c	3/4 c					
	Milk	4 oz	4 oz	8 oz					
Peas	Broccoli	Carrot Sticks							