MENU PLANNING FORM FOR CHILD DAY CARE
(For centers and school age programs only)

| PROVIDER/PROGRAM: |  |  | REVIEWED BY: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| ADDRESS |  |  | TITLE: (Person Qualified in Nutrition) |  |  |
| CITY STATE, ZIP CODE: |  |  |  |  |  |
| WEEK OF: |  |  | DATE: |  |  |
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Breakfast: <br> Fruit or Fruit juice Enriched Bread or Cereal Milk |  |  |  |  |  |
| AM and PM Snacks: <br> Choose a combination of any two foods per snack from: <br> Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched | $\square$ AM | $\square \mathbf{A M}$ | $\square$ AM | $\square \mathbf{~ A M ~}$ | $\square \mathbf{~ A M ~}$ |
|  | $\square \mathrm{PM}$ | $\square \mathrm{PM}$ | $\square \mathrm{PM}$ | $\square \mathrm{PM}$ | $\square \mathrm{PM}$ |
| Lunch or Supper: <br> Meat or Meat Alternate Vegetable or Fruit (choose two) Enriched Bread \& Butter/Margarine Simple Dessert Milk |  |  |  |  |  |

Centers participating in the Special Food Service Program for Children are required to serve milk, fruit, or full-strength fruit juice and enriched bread or an equivalent

## MENU PLANNING FORM Continued

Guide to Child Size Portions

| Meal Pattern[2] | $\mathbf{1}$ to $\mathbf{3}$ years old |  |
| :--- | :--- | :--- |
| Breakfast: |  |  |
|  |  |  |
| Fruit or Fruit Juice 6 years old |  |  |
| Enriched Bread or Cereal | $1 / 4$ Cup |  |
| Milk | $1 / 2$ Slice or $1 / 4$ Cup | $1 / 2$ Cup |
|  | $1 / 2$ Cup | $1 / 2$ Slice or $1 / 3$ Cup |
| $3 / 4$ Cup |  |  |

[1] Food requirements for infants under 1-year old should be determined according to individual needs and in consultation with parent.
[2] Individual children will differ in amounts they will eat. Programs should exchange information with parents on the child's eating habits and food preferences.

