NEW YORK STATE OFFICE OF CHILDREN AND FAMILY SERVICES

MENU PLANNING FORM FOR CHILD DAY CARE

(For centers and school age programs only)

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PROVIDER/PROGRAM:			REVIEWED BY:			
ADDRESS			TITLE: (Person Qualified in Nutrition)			
CITY STATE, ZIP CODE:						
WEEK OF:			DATE:			
MEAL PATTERN	MONDAY	TUES	SDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Fruit or Fruit juice Enriched Bread or Cereal Milk						
AM and PM Snacks:	☐ AM	□АМ		☐ AM	☐ AM	☐ AM
Choose a combination of any two foods per snack from:						
Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched Crackers, and Bread, Cereal, Enriched Cookies, Cheese, Eggs and Mild Desserts						
Cheese, Eggs and Mild Desserts	□ PM	□РМ		□РМ	□ PM	□РМ
Lunch or Supper: 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]	1 to 3 years old	3 to 6 years old	
Breakfast:			
Fruit or Fruit Juice Enriched Bread or Cereal Milk	1/4 Cup 1/2 Slice or 1/4 Cup 1/2 Cup	1/2 Cup 1/2 Slice or 1/3 Cup 3/4 Cup	
AM and PM Snacks:			
Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched Crackers and Bread, Cereal, Enriched Cookies, Cheese, Eggs, and Mild Desserts (Choose any two per snack)	1/2 Cup Milk, Fruit, or Fruit Juice 2-4 Small Pieces Raw Vegetables 1-2 Crackers or Cookies 1/4 Cup Cereal or 1/2 Slice Bread 1/2 Ounce Cheese 1/2 Egg 1/4 Cup Milk Desserts (Ice Cream Pudding, etc.)	1/2 Cup Milk, Fruit, or Fruit Juice 2-4 Small Pieces Raw Vegetables 1-2 Crackers or Cookies 1/3 Cup Cereal or 1/2 Slice Bread 1/2 Ounce Cheese 1/2 -1 Egg 1/4 - 1/2 Cup Milk Desserts (Ice Cream	
Lunch or Supper:			
Meat or Meat Alternate Meat, Poultry, Fish Cheese Egg Cooked Dry Beans Peanut Butter Vegetable or Fruit (choose two) Enriched Bread/Roll/Bun/Biscuit Butter/Margarine Simple Desserts Milk	1 Ounce (2 Tablespoons) 1 Ounce 1 1/8 Cup 1 Tablespoon 1/4 Cup Total 1/2 Slice Bread; 1/2 Roll or Biscuit 1/2 Teaspoon 1/4 Cup 1/2 Cup	1 ½ - 2 Ounces (4 Tablespoons) 1 ½ - 2 Ounces 1 ¼ Cup 2 Tablespoons ½ Cup Total ½ - 1 Slice Bread; ½ -1 Roll or Biscuit 1 Teaspoon ½ Cup ¾ Cup ¾ 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.