

# Weekly Menu for Children (5 Day – Week 1)

Week of: \_\_\_\_\_

Child Care Provider Name: \_\_\_\_\_

| Type                    | Component                        | Minimum Serving            |                            |                        | Date:  | Date:   | Date:     | Date:    | Date:  |
|-------------------------|----------------------------------|----------------------------|----------------------------|------------------------|--------|---------|-----------|----------|--------|
|                         |                                  | 1 - 2<br>Years             | 3 - 5<br>Years             | 6 - 12<br>years        | Monday | Tuesday | Wednesday | Thursday | Friday |
| <b>Breakfast</b>        | Milk, Fluid, Unflavored          | 1/2 Cup                    | 3/4 Cup                    | 1 Cup                  |        |         |           |          |        |
|                         | Vegetable, Fruit or Juice        | 1/4 Cup                    | 1/2 Cup                    | 1/2 Cup                |        |         |           |          |        |
|                         | Breads/Grains/Dry Cereal         | 1/2 slice, 1/4 Cup, 1/3 oz | 1/2 Slice, 1/4 Cup, 1/2 oz | 1 Slice, 3/4 Cup, 1 oz |        |         |           |          |        |
| <b>Lunch</b>            | Milk, Fluid, Unflavored          | 1/2 Cup                    | 3/4 Cup                    | 1 Cup                  |        |         |           |          |        |
|                         | Meat or Meat Alternate           | 1oz, 1/4 Cup, 4 oz         | 1 1/2 oz, 3/8 Cup, 6 oz    | 2 oz, 1/2 Cup, 8 oz    |        |         |           |          |        |
|                         | Breads/Grains/Pasta/Rice         | 1/2 Slice, 1/4 Cup         | 1/2 Slice, 1/4 Cup         | 1 Slice, 1/2 Cup       |        |         |           |          |        |
|                         | Vegetable or Fruit               | 1/4 Cup Total              | 1/2 Cup Total              | 3/4 Cup Total          |        |         |           |          |        |
| <b>Snack (Select 2)</b> | Milk, Fluid, Unflavored          | 1/2 Cup                    | 1/2 cup                    | 1 Cup                  |        |         |           |          |        |
|                         | Vegetable                        | 1/2 Cup                    | 1/2 Cup                    | 3/4 Cup                |        |         |           |          |        |
|                         | Fruit or Juice                   | ½ cup                      | ½ cup                      | ¾ cup                  |        |         |           |          |        |
|                         | Breads/Grains/Dry Cereal         | 1/2 slice, 1/4 Cup         | 1/2 Slice, 1/3 Cup         | 1 Slice, 3/4 Cup       |        |         |           |          |        |
|                         | Meat or Meat Alternative *Yogurt | 1/2 oz *2oz                | 1/2 oz *2oz                | 1 oz *4oz              |        |         |           |          |        |
|                         | <b>Water First for Thirst!</b>   |                            |                            |                        | WATER  | WATER   | WATER     | WATER    | WATER  |

---

+ No sugar-sweetened beverages are served at this child care center

°WW = Whole Wheat, WG = Whole Grain