

Prospective Contractor Menu Planning Worksheet for Children

date:	Breakfast	Food Item	*Serving Size Information for different age groups:			Lunch	Food Item	*Serving Size Information for different age groups:			Snack	Food Item	*Serving Size Information for different age groups:		
			1 & 2	3 to 5	6 to 12			1 & 2	3 to 5	6 to 12			1 & 2	3 to 5	6 to 12
Monday	Milk			3/4 c	1 c	Milk			3/4 c		Milk				
	Veg/Frt	pears		1/2 c	1/2 c	Veg/Frt	peaches		1/4c		Veg/Frt/jc				
			Veg/Frt			mixed veggies		1/4c		apple juice			1/2 c	3/4 c	
	Grain/Brd	cereal		1/3c	3/4c	Grain/Brd	bun		1 ea		Grain/Brd	corn chips		8 ea	14 ea
Meat/mt alt			hot dog				1 ea		Meat/mt alt						
Tuesday	Milk			3/4 c	1 c	Milk			3/4 c		Milk				
	Veg/Frt	bananas		1/2 c	1/2c	Veg/Frt	fruit cocktail		1/4c		Veg/Frt/jc				
			Veg/Frt			green beans		1/4c							
	Grain/Brd	cinnamon toast		1/2 slice	1 slice	Grain/Brd	chicken nuggets	see cn label	4 ea		Grain/Brd	saltines		4 ea	7ea
Meat/mt alt			CN label						Meat/mt alt	cheese		1 slice	2 slices		
Wednesday	Milk			3/4 c	1 c	Milk			3/4 c		Milk				
	Veg/Frt	pears		1/2 c	1/2 c	Veg/Frt	tropical fruit		1/4c		Veg/Frt/jc				
			Veg/Frt			salad		1/4c		carrots			1/2 c	3/4c	
	Grain/Brd	oatmeal		1/4c	1/2c	Grain/Brd	sandwich bread		1 slice		Grain/Brd	ritz crackers		4 ea	7ea
Meat/mt alt			turkey & cheese				1.5 oz		Meat/mt alt						
Thursday	Milk			3/4 c	1 c	Milk			3/4 c		Milk				
	Veg/Frt	apple slices		1/2 c	1/2 c	Veg/Frt	peaches		1/4c		Veg/Frt/jc				
			Veg/Frt			broccoli		1/4c		cucumber slices			1/2c	3/4c	
	Grain/Brd	cereal		1/3c	3/4c	Grain/Brd	hamburger bun	see	1 ea		Grain/Brd	english muffin		1/4 e	1/2 e
Meat/mt alt			pizza			recipe			Meat/mt alt						
Friday	Milk			3/4 c	1 c	Milk			3/4 c		Milk				
	Veg/Frt	strawberries		1/2 c	1/2 c	Veg/Frt	mixed fruit		1/4c		Veg/Frt/jc				
			Veg/Frt			salad		1/4c							
	Grain/Brd	pancakes		1 ea	2 ea	Grain/Brd	bun		1/2 ea		Grain/Brd	tortilla		1 ea	2 ea
Meat/mt alt			sloppy joe			see recipe	1.5 oz		Meat/mt alt	cheese slice		1 slice	2 slice		

*Serving size information means the amount of food required by cups, ounces, and individual pieces of a food item. A copy of a CN Label or Manufacturer's Analysis must be attached if a processed combination main dish item is indicated.

