

Menu Planning Worksheet for Children

For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: A Children's Kastle ELC Inc. at Winthrop ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of September 2, 2024

Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: unflavored fat-free unflavored 1%
 flavored fat-free flavored 1%

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Child meal pattern food components:					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Pineapple (C)	Peaches (C)	Bananas (C)	Oranges (C)	Strawberries (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Toast	WG Cereal	Bagels	WG Cereal	WG Kix
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Chicken Patty	All Meat Frank	Chicken & Veg Stir Fry	Grilled Cheese	Fish Sticks CN
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Tater Tots	Baked Beans	Mixed Veggies	Carrots	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Oranges	Banana	Mixed Fruit	Peaches	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Bread	WG Bun	WG Rice	WG Bread	Potatoes
SNACK	Select 2	Strawberries	Bananas	Applesauce	Fruit Cup	Cheese
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Chex Mix	Graham Crackers	Animal Crackers	Muffin	Wheat Thins
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c					
Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent						

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers).

Refer to Meal Pattern for Children for serving sizes when planning menus.

MENUS MUST BE POSTED AND MAINTAINED ON FILE!

Menu Planning Worksheet for Children
 For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: A Children's Kastle Early Learning Center's Inc. ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of September 9, 2024

Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: unflavored fat-free unflavored 1% flavored fat-free flavored 1%

	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Fruit Cup (C)	Apple Slices (C)	Bananas (C)	Stawberries (C)	Pears (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ¾ oz equivalent 6-18: 1 oz equivalent	WG Cheerios	WG Toast / Butter	Pancakes	French Toast	WG Kix
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Ground Meat w/ Shredded Cheese	Fish Tacos	Ground Meat w/ Sauce	Egg & Diced Ham Bake	Homemade Chicken Noodle Soup
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Mixed Veggies	Shredded Lettuce	Peas	Green Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Pears	Mixed Fruit	Applesauce	Peaches	Bananas
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ¾ oz equivalent 6-18: 1 oz equivalent	Mashed Potato	WG Pita Bread	Lasgna Noodles	Tater Tots	Elbow Noodles
SNACK	Select 2	Pears	Apple Slices	Cheese Stick	Peaches	Mixed Fruit
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ¾ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Blueberry Muffins	Plain WG 100% Sun Chips	WG Crackers	Yogurt	Pretzels
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c					
Grains: Ages 1-2: ½ oz equivalent; 3-5: ¾ oz equivalent 6-18: 1 oz equivalent						

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers).

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Menu Planning Worksheet for Children

For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: A Children's Kastle ELC, Inc at Winthrop ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of September 16, 2024

Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: unflavored fat-free unflavored 1% flavored fat-free flavored 1%

Child meal pattern food components:		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Orange Slices (C)	Bananas (C)	Apple Slices (C)	Pineapple (C)	Pears (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	English Muffins	WG Cheerios	WG Cereal	Bagels	WG Kix
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Tuna Salad	Meatballs & sauce	Taco Bake w/ Cheese	Meatballs w/ Sauce	Baked Chicken Tenders
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Carrots	Broccoli	Corn	Green Beans	Tater Tots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Peaches	Applsauce	Bananas	Mixed Fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Wrap	WG Pasta	WG Taco Shell	WG Pasta	WG Roll
SNACK	Select 2	Peanut Butter	Apple Slices	Cheese	Pears	Grapes
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c	Pretzels	Blueberry Muffins	Crackers	Graham Crackers	Chex Mix
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c					
Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent						

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers).

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For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: A Children's Kastle ELC, Inc. at Winthrop ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of September 23, 2024

Type(s) of milk offered: **One year olds:** unflavored whole **Two through five:** unflavored fat-free unflavored 1% **Six and older:** unflavored fat-free unflavored 1% flavored fat-free flavored 1%

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Child meal pattern food components:					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Bananas (C)	Pears (C)	Peaches (C)	Apple Slices (C)	Mixed Fruit (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	Cheese Toast	WG Cheerios	Pancakes	French Toast
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Turkey & Cheese	Sloppy Joe Meat	Meatballs & Sauce	Chicken	Cheese Pizza
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Green Beans	Tater Tots	Peas	Black Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Apple Slices	Strawberries	Pineapple	Mixed Fruit	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Hamburger Bun	WG Pasta	Yellow Rice	Pizza Crust
SNACK	Select 2	Yogurt	Bananas	Oranges	Peaches	Cheese
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.					
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Strawberries	Animal Crackers	WG Sun Chips	Muffins	WG Crackers
	Fruit: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c					
Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent						

The daily 100% whole grain or whole grain-rich serving must be noted on the menu (e.g. "WG bread" or "whole grain-rich crackers).

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Menu Planning Worksheet for Children
For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: A Children's Kastle ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of Sept. 30 2024

Type(s) of milk offered: One year olds: unflavored whole Two through five: unflavored fat-free unflavored 1% Six and older: unflavored fat-free unflavored 1% flavored fat-free flavored 1%

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Child meal pattern food components:					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Peaches (c)	Fruit Cup (c)	Oranges (c)	Strawberries (c)	Bananas (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheese Toast	English Muffin	WG Cereal	WG Waffles w/ Syrup	WG Cheerios
	Meat/Meat Alternate (optional)					
LUNCH/SUPPER	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Chicken w/ Gravy	Meat Loaf	Sliced Turkey	Tuna Casserole	Ground Meat w/ Sauce
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Potatoes	Peas	Broccoli	Lima Beans	Tossed Salad
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Green Beans	Baked Beans	Pineapple Tidbits	Peaches	Mixed fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cornbread	WG Brown Rice	Roll	Pasta	Spaghetti
SNACK	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Animal Crackers	Apple Slices	Crackers	Yogurt	Mandarin oranges
	Meat/Meat Alternate: Ages 1-2: ½ oz.; 3-5: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	Pear Slices	Chex Mix	Yogurt	Graham Crackers	Chex Mix
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent						

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