

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 Dec 2 - 6 20 24
 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	Fruit Cup (C)	Apple Slices (C)	Bananas (C)	Stawberries (C)	Pears (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ 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: ¼ c; 6-18: ½ c	Mixed Veggies	Shredded Lettuce	Peas	Green Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Mixed Fruit	Applesauce	Peaches	Bananas
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Mashed Potato	WG Pita Bread	Lasagna 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: ½ oz.; 6-18: 1 oz.					
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Blueberry Muffins	Plain WG 100% Sun Chips	WG Crackers	Yogurt	Pretzels
	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).

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 ELC Inc. @ Winthrop ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of Dec. 9-13 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	Pears (C)	Mixed Fruit (C)	Orange Slices (C)	Watermelon (C)	Apple Slices (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Kix	WG Pancakes	WG Toast w/ Jelly	WG Cheerios	WG Cereal
	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.	Baked Chicken & Shredded Cheese	Meatloaf	Ham w/ Macaroni & Cheese	Ground Meat W/ Cheese	Chicken Salad
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Corn	Potatoes	Broccoli	Green Beans	Peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Apple Slices	Pears	Pineapple	Bananas	Mixed Fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Wraps	WG Roll	Wg Macaroni	WG Ziti Noodles	WG Toast
SNACK	Select 2	Queso Blanco Cheese	Peaches	Watermelon	Mixed Fruit	Peanut Butter
	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.	WG Tortilla Chips	Cornbread	Animal Crackers	Banana Bread	Pretzel
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¼ c					
	Fruit: Ages 1-2: ¼ 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 Childen's Kastle ELC. Inc. At Winthrop ✓ Menu Planning Age Group(s): 1 & 2 3 - 5 6 - 18 Week of Dec. 16-20 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)	Apple Slices (C)	Watermelon (C)	Pears (C)	Mixed Fruit (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	French Toast	Pancakes	WG Cereal	WG Toast w/ Butter
	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/ Sauce	Chicken Broccoli Casserole	Sausage	Ground Meat w/ Gravy	BBQ Chicken
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Corn	Broccoli	Black Beans	Green Beans	Peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Peaches	Pineapple	Apple Slices	Mixed Fruit	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Elbow Noodles	WG Pasta	Yellow Rice	WG Noodles	WG Bread
SNACK	Select 2	Fruit Cup	Cream Cheese & Fruit Jelly	Peanut Butter	Applesauce	Bananas
	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.	Peach Bread	WG Soft Flour Tortilla	Prezels	Wheat Thins	Crackers
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c					
	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						

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 Dec. 23-27 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: ¾ c	Pretzels	Blueberry Muffins	Crackers	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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