

**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 January 2&3 2025  
 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
<b>BREAKFAST</b>	<b>Child meal pattern food components:</b>					
	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: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheerios	WG Toast / Butter	Pancakes	French Toast	WG Kix
	Meat/Meat Alternate (optional)					
<b>LUNCH/SUPPER</b>	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 Salad	Mac & Cheese W/ Ham	Sliced Ham w/ Cheese	Chicken	Chicken Nuggets CN
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Mixed Veggies	Shredded Lettuce	Peas	Black Beans	Potato Wedges
	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: ½ oz equivalent 6-18: 1 oz equivalent	WG Wrap	WG Macaroni	WG Bread	Yellow Rice	Roll
<b>SNACK</b>	<b>Select 2</b>	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: 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: 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 at Winthrop ✓ Menu Planning Age Group(s):  1 & 2  3 - 5  6 - 18 Week of January 6-10 2025

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
<b>BREAKFAST</b>	<b>Child meal pattern food components:</b>					
	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)					
<b>LUNCH/SUPPER</b>	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	All Meat Hot Dogs	Beef Stroganoff	Baked Chicken Tenders
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Carrots	Broccoli	Baked Beans	Green Beans	Tater Tots
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Peaches	Pineapple	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 Hot Dog Bun	WG Pasta	WG Roll
<b>SNACK</b>	<b>Select 2</b>	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						

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 Childen's Kastle ELC, Inc. At Winthrop ✓ Menu Planning Age Group(s):  1 & 2  3 - 5  6 - 18 Week of January 13-17 2025

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
<b>BREAKFAST</b>	<b>Child meal pattern food components:</b>					
	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)					
<b>LUNCH/SUPPER</b>	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	Fish Tacos	Taco Bake W/ Cheese	Ground Meat w/ Gravy	BBQ Chicken
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Stir Fry Veggies	Shredded Lettuce	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 Rice	WG Wrap	WG Rice	WG Noodles	WG Bread
<b>SNACK</b>	<b>Select 2</b>	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.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	Peach Bread	WG Soft Flour Tortilla	Prezels	Wheat Thins	Crackers
	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).

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

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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 January 20-24 2025

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
<b>BREAKFAST</b>	<b>Child meal pattern food components:</b>					
	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 ( <i>optional</i> )					
<b>LUNCH/SUPPER</b>	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.	Sausage	Fish Sticks (CN)	Chicken Patty	Sliced Turkey W/ Gravy	Tuna Casserole
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Broccoli	Tater Tots	Mixed Veggies	Carrots	Lima Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ c	Applesauce	Banana	Mixed Fruit	Peaches	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Yellow Rice	WG Wrap	WG Hamburger Bun	WG Rice	WG Pasta
<b>SNACK</b>	<b>Select 2</b>	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).

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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. @ Winthrop ✓ Menu Planning Age Group(s):  1 & 2  3 - 5  6 - 18 Week of January 27-31 2025  
 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
<b>BREAKFAST</b>	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)					
	Milk: Ages 1-2: four oz.; 3-5: six oz.; 6-18: eight oz.	Milk	Milk	Milk	Milk	Milk
<b>LUNCH/SUPPER</b>	Meat/Meat Alternate: Ages 1-2: 1 oz.; 3-5: 1 ½ oz.; 6-18: 2 oz.	Ground Meat W/ Sauce	Egg Salad	Chicken	Sliced Turkey W/ Gravy	Meatloaf
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Corn	Peas	Black Beans	Potatoes	Peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Apple Slices	Pears	Pineapple	Broccoli	Mixed Fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Pasta	WG Roll	Yellow Rice	WG Bread	Biscuit
	<b>Select 2</b>	Queso Blanco Cheese	Peaches	Watermelon	Mixed Fruit	Peanut Butter
<b>SNACK</b>	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	WG Tortilla Chips	Cornbread	Animal Crackers	Banana Bread	Pretzel
	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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