

**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 March 3-7 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             |
|--------------|---|----------------------|----------------------------|----------------|----------------------|--------------------|
| 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: ½ 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.                 |                      |                            |                |                      |                    |
|              | Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c                                 | Peach Bread          | WG Soft Flour Tortilla     | Prezels        | Wheat Thins          | Crackers           |
|              | 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.

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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 March 10-14 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%

| BREAKFAST    | Child meal pattern food components:   | MONDAY        | TUESDAY         | WEDNESDAY              | THURSDAY       | FRIDAY           |
|--------------|---|---------------|-----------------|------------------------|----------------|------------------|
|              | 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                     | 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: ¼ c; 6-18: ½ c                                 | Tater Tots    | Baked Beans     | Mixed Veggies          | Carrots        | Green Beans      |
|              | Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ 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: ¼ c; 6-18: ¼ c                                 | Chex Mix      | Graham Crackers | Animal Crackers        | Muffin         | Wheat Thins      |
|              | Fruit: Ages 1-2: ¼ c; 3-5: ¼ 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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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 March 17-21 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%

| BREAKFAST    | Child meal pattern food components:   | MONDAY             | TUESDAY                 | WEDNESDAY        | THURSDAY          | FRIDAY           |
|--------------|---|--------------------|-------------------------|------------------|-------------------|------------------|
|              | 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)          | Banana Slices (C)       | Peaches (C)      | Orange Slices (C) | Strawberries (C) |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | English Muffin     | Pancakes                | French Toast     | WG Cereal         | Croissant        |
|              | 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.               | Ham w/Mac & Cheese | Meat Patty w/ Gravy     | Taco meat        | All Meat Franks   | Chicken          |
|              | Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c                                 | Green Beans        | Potato Wedges           | Corn             | Baked Beans       | Mixed Vegetables |
|              | Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c                        | Mandarin Oranges   | Broccoli                | Lettuce & tomato | Pears             | Apricots         |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | WG Pasta           | WG Roll                 | WG Taco Shell    | WG Roll           | WG Bread         |
| SNACK        | Select 2  | Apple Slices       | Plain Sun Chips 100% WG | Melon Chunks     | Yogurt            | Apple Wedges     |
|              | 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                                 | WG Crackers        | Seasonal Fruit          | WG Crackers      | Peaches           | Cubed Cheese     |
|              | 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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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 March 24-28 20 25

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) | Pineapple Chunks (C)    | Fruit Cup (C)    | Peaches (C)    | Apple Slices (C) |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | Toast w/ Jam      | Bagel w/ Cream Cheese   | WG Cheese Toast  | 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.               | All Meat Franks   | Chicken Salad           | Meat Patty       | Grilled Cheese | Sausage (CN)     |
|              | Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c                                 | Baked Beans       | Lettuce & Tomato        | Tater Tots       | Mixed Veggies  | Broccoli         |
|              | Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c                        | Pineapples Chunks | Fresh Berries           | Sweet Peas       | Melon Chunks   | Apple Slices     |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | WG Rolls          | Croissant               | WG Hamburger Bun | WG Bread       | Yellow Rice      |
| SNACK        | Select 2  | Yogurt            | Pears                   | Apple Slices     | Hummus         | Melon Chunks     |
|              | 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.                 | Mixed Fruit       | 100% WG Plain Sun Chips | Graham Crackers  | Tortilla chips | WG 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 |                   |                         |                  |                |                  |

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Name of Child Care Facility: A Children's Kastle ✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of March 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%

| BREAKFAST    | Child meal pattern food components:   | 31 MONDAY       | TUESDAY          | WEDNESDAY            | THURSDAY         | FRIDAY           |
|--------------|---|-----------------|------------------|----------------------|------------------|------------------|
|              | 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)          | Peaches (C)      | Pears (C)        |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | WG Cereal       | Cheese toast     | WG Cereal            | WG pancakes      | 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.               | Turkey & cheese | Sloppy joe meat  | Mac & cheese w/ ham  | All Meat Franks  | Fish Sticks (CN) |
|              | Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c                                 | Green Beans     | Corn             | Peas                 | Baked Beans      | Carrots          |
|              | Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c                        | Apple Slices    | Fruit Cocktail   | Pears                | Mandarin oranges | Peaches          |
|              | Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent | WG Bread        | WG Hamburger Bun | Elbow Macaroni Pasta | Hot Dog Roll     | WG Bread         |
| SNACK        | Select 2  | Orange Slices   | Mixed Fruit      | Apple Slices         | Cubed Cheese     | Apple slices     |
|              | 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: ¼ c                                 | WG Crackers     | Graham Crackers  | Yogurt               | WG Crackers      | Crackers         |
|              | 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 |                 |                  |                      |                  |                  |

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