

**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 June 2 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	Bananas (c)	Pears (c)	Orange Slices (c)	Mixed Fruit (c)	Apple Wedges (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	Toast	Pancakes	Cheese Toast	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.	Taco meat	Chicken Pita Pocket	Turkey & Cheese	Ham & Cheese Sandwich	Tuna Salad
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Lettuce & Tomato	Carrot Sticks	Lettuce & Tomato	Tater Tots	Broccoli
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Apple Wedges	Mixed Fruit	Peaches	Green Salad	Orange Slices
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Taco Shell	WG Pita Pocket	WG Bread	WG Bread	WG Wrap
SNACK	<b>Select 2</b>	Mandarin Oranges	Mixed Fruit	Yogurt	Yogurt	Pineapple Tidbits
	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.	100% WG plain Sun Chips	Crackers	Graham Crackers	Banana	Cottage Cheese
	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).

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

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☐ 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	Peaches (C)	Fruit Cup (C)	Orange Slices (C)	Apple Slices ( C)	Bananas ( C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cheese Toast	WG English Muffin	Bagel	Raisin Bread	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.	Mac & Cheese w/ ham	Baked ziti w/ meat	Chicken w/ Gravy	Meat Patty w/ Cheese	All Meat Frank
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Broccoli	Mixed Veggies	Sweet Potatoes	Lettuce & Tomatoes	Baked Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Oranges	Pineapple Chunks	Fruit Cocktail	Pears	Mandarin Oranges
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Pasta	Pasta	WG Roll	WG Hamburger Bun	Hot dog Roll
SNACK	<b>Select 2</b>	Crackers	Plain Sun Chips 100% WG	Yogurt	Pretzels	Peaches
	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.	Cheese Cubes	Apple Slices	Graham Crackers	Pineapple Tidbits	Animal 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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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 June 16 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%  
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	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: ½ c; 3-5: ¼ 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	<b>Select 2</b>	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					

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 June 23, 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	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: ¼ c; 6-18: ½ c	Green Beans	Tater Tots	Peas	Black Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ 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: ½ c; 3-5: ½ c; 6-18: ¼ c	Strawberries	Animal Crackers	WG Sun Chips	Muffins	WG 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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