

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 October 1-3 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%

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)	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	Beef Lasagna	Chicken Broccoli Casserole	Mac & Cheese w/ Ham
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Green Beans	Tater Tots	Peas	Broccoli	Peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Apple Slices	Strawberries	Pineapple	Pineapple	Corn
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Hamburger Bun	Lasagna Noodles	WG Pasta	WG Macaroni
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: ¼ c	Ritz Crackers	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					

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 October 6 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: ¾ 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.	Ground Meat W/ Sauce	Egg Salad	Chicken	Sliced Turkey W/ Gravy	Meatloaf
	Vegetable: Ages 1-2: ½ c; 3-5: ¾ c; 6-18: 1 c	Corn	Peas	Black Beans	Potatoes	Peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ¾ 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
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: ½ c; 3-5: ¾ c; 6-18: 1 c					
	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 October 13 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.	Sausage	Fish Sticks (CN)	Chicken Patty	Sliced Turkey W/ Gravy	Tuna Casserole
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Broccoli	Tater Tots	Mixed Veggies	Carrots	Lima Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ 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
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: ¼ c	Chex Mix	Graham Crackers	Animal Crackers	Muffin	Wheat Thins
	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. At Winthrop ✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of October 20 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	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: ½ c; 6-18: ½ 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: ¼ c; 3-5: ½ c; 6-18: ¾ c	Peach Bread	WG Soft Flour Tortilla	Prezels	Wheat Thins	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).

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 October 27 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	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	Pancakes	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.	Meat Patty	Baked Ziti W/ Meat	Taco Bake w/ Cheese	Chicken	All Meat Frank
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Carrots	Broccoli	Corn	Black Beans	Tater Tots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Peaches	Applsauce	Mixed Fruit	Pineapple
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Hamburger Bun	WG Pasta	WG Taco Shell	WG Rice	Hot Dog Roll
SNACK	Select 2	Pears	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	Plain Sun Chips	Crackers	Graham Crackers	Chex Mix
	Fruit: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c		100% WG			
	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!