

Menu Planning Worksheet for Children
For each day of the week, write down the menus for the meal served.

Name of Child Care Facility: _____ ✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Sept. 1-4, 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%

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	Peaches (c)	Fruit Cup (c)	Oranges (c)	Strawberries (c)	Bananas (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheese Toast	English Muffin	Cereal (WG) -----	WG Waffles w/ Syrup	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.	Chicken w/ Gravy	Meat Loaf	Sliced Turkey	Tuna Casserole	Ground Meat w/ Sauce
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Potatoes	Peas	Broccoli	Lima Beans	Tossed Salad
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Green Beans	Baked Beans	Pineapple Tidbits	Peaches	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cornbread	WG Brown Rice	Roll	Pasta	Spaghetti
SNACK	Select 2	Animal Crackers	Apple Slices	Crackers (WG) -----	Yogurt	Mandarin oranges
	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.	Pear Slices	Chex Mix	Yogurt	Graham Crackers	Chex Mix
	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.

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 September 7 2026
 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.	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
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).

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 September 14 2026
 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	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: ¼ 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: ½ 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: 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).

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 Early Learning Center's Inc. ✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of September 21 2026
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	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.	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: ½ c	Mixed Veggies	Shredded Lettuce	Peas	Black Beans	Potato Wedges
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ 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
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: ½ c; 3-5: ½ 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.

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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 Early Learning Center's Inc. ✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of September 28-30 2026
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	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.	Chicken Alfredo	Ground Meat W/ Mashed Potatoes	Beef Stew	All Meat Hot Dogs	Fish Tacos
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Mixed Veggies	Mixed Veggies	Potatoes	Tater Tots	Shredded Lettuce
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Peaches	Carrots	Mixed Fruit	Sweet Peas
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Pasta	WG Roll	Elbow Macaroni	WG Hot Dog Bun	WG Pita Bread
SNACK	Select 2	Berries	Bananas	Pineapple	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.	Animal Crackers	Plain WG 100% Sun Chips	WG Crackers	Graham Crackers	Muffin
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c					
	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).

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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 Early Learning Center's Inc.

✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Oct. 5-9 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%

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	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.	Egg Salad Sandwich	Meat Patty w/ Sauce	Diced Chicken W/ Egg	Homemade Chicken Noodle Soup	Pizza (CN)
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Baked Fries	Sweet Peas	Mixed Veggies	Carrots	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Strawberries	Mixed Fruit	Pears	Peaches	Bananas
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Noodles	WG Rice	Elbow Noodles	Pizza Crust
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: ½ c; 3-5: ½ 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).

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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 Oct. 12-16 2020

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.	Grilled Cheese W/ Sliced Ham	Ground Meat W/ Cheese & Tomato Sauce	Baked Chicken Tenders	Chicken W/ Gravy	Ground Beef / Cheese
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Carrots	Broccoli	Potatoes	Black Beans	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Peaches	Peaches	Sweet Peas	Mixed Fruit	Pineapple
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Pasta Shells	Roll	WG Rice	Tater Tots
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.	Animal Crackers	Plain Sun Chips 100% WG	Crackers	Graham Crackers	Chex Mix
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¼ c					
	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").

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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 Oct. 19-23 2026

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	Sausage	Chicken W/ Alfredo Sauce
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Carrots	Broccoli	Corn	Black Beans	Green Beans
	Fruit or Vegetable: Ages 1-2: ½ 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	Yellow Rice	WG Pasta
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 100% WG	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, list foods that will be served

Name of Child Care Facility: Achildren's Kastle

Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18

Week of Oct. 26-30 2026

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	Strawberries (C)	Apple Slices (C)	Orange Slices (C)	Peaches (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	French Toast	Bagels w/ Cream Cheese	WG Waffles	WG Cereal
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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 Sandwich	Ground Meat w/ Sauce	Chicken Alfredo	Beef Stew	Chicken nuggets (CN)
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Tater Tots	Baked Beans	Sweet peas	Potatoes	Cucumbers
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Mandarin oranges	Carrot Sticks	Peaches	Carrots	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Bun	WG Pasta	Elbow Macaroni	WG Crackers
SNACK	Select 2	Apple slices	Pineapple Chunks	Apple Slices	Pears	Berries
	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	Animal Crackers	Pretzels	WG Crackers	Cottage Cheese	Muffin
	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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 Early Learning Center's Inc.

✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of NOV. 2-6 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%

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	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: ½ 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	Lasgna 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: ½ c; 3-5: ½ 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, list foods that will be served

Name of Child Care Facility: A Children's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Nov. 9-13 2020

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	Peaches (c)	Fruit Cup (c)	Oranges (c)	Strawberries (c)	Bananas (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheese Toast	English Muffin	WG Cereal	WG Waffles w/ Syrup	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.	Chicken w/ Gravy	Meat Loaf	Sliced Turkey	Tuna Casserole	Ground Meat w/ Sauce
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Peas	Broccoli	Lima Beans	Tossed Salad
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Green Beans	Baked Beans	Pineapple Tidbits	Peaches	Mixed fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cornbread	WG Brown Rice	Roll	Pasta	Spaghetti
SNACK	Select 2	Animal Crackers	Apple Slices	Crackers	Yogurt	Mandarin oranges
	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	Pear Slices	Chex Mix	Yogurt	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle

Menu Planning Age Group(s): ☒ 1 & 2

☒ 3 - 5

☒ 6 - 18

Week of Nov. 16-20, 2024

	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	Fruit Cup (C)	Apple Slices (C)	Orange Slices (C)	Peach Slices (c)	Bananas (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	English Muffin	Pancakes	WG Cereal	French Toast	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.	Taco Bake w/ Cheese	Meat Patty w/ Gravy	Chicken w/ Gravy	Meat Lasagna	Sliced Ham
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Lettuce + Tomato	Potatoes	Sweet Peas	Tossed Salad	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Fruit Cocktail	Broccoli	Peaches	Pineapple	Sweet Potatoes
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Taco Shell	WG Wheat Bread	Rice	WG noodles	WG Brown Rice
SNACK	Select 2					
	Milk: Ages 1-2: four oz.; 3-5: four oz.; 6-18: eight oz.	Apple Slices	Watermelon cubes	Fruit Cup	Yogurt	Peaches
	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 Crackers	Chex Mix	Graham Crackers	Animal Crackers	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Nov. 23-27 2026

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	Fruit Cup (C)	Orange Slices (C)	Apple Slices (C)	Apricots (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	English Muffin W/ Jam	Bagels w/ Cream Cheese	WG Cheerios	Cheese Toast	WG Cereal
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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 Sandwich	Turkey	Ham Slices	Beef Stroganoff	Baked Chicken
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Lettuce & Tomato	Lima Beans	Baked Beans	Peas	Green Beans
	Fruit or Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ¼ c	Cantaloupe Chunks	Sweet Potatoes	Corn	Fruit Cocktail	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Roll	Bread	WG Noodles	Yellow Rice
SNACK	Select 2	Pears	Apple Slices	Salsa Dip	Peaches	Cubed 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: ¾ c	Animal Crackers	Muffin	Tortilla Chips	Graham Crackers	WG 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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle

Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18

Week of Nov. 30 - Dec 4 2020

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)	Mandarin Oranges (C)	Strawberries (C)	Apple Slices (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cheerios	Bagel	Pancakes	Cheese Toast	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 tenders	Meat Patty w/ Gravy	BBQ Chicken	Sloppy joe meat	Mac & Cheese w/ ham
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Potatoes	Carrots	Collard Greens	Green Beans	Sweet peas
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Sweet Peas	Pears	Pineapple Tidbits	Melon	Fruit Cocktail
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Roll	WG Rice	WG Bread	WG Hamburger Buns	Pasta
SNACK	Select 2	Peaches	Fruit Cup	Salsa	Yogurt	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.	Animal Crackers	WG Crackers	Tortilla Chips	Graham Crackers	Cheese Cubes
	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle

Menu Planning Age Group(s): ☒ 1 & 2 ☐ 3 - 5 ☒ 6 - 18

Week of Dec. 7-11 2024

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	Fruit Cup (C)	Apple Slices (C)	Orange Slices (C)	Peach Slices (c)	Bananas (c)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	English Muffin	Pancakes	WG Cereal	French Toast	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.	Taco Bake w/ Cheese	Meat Patty w/ Gravy	Chicken w/ Gravy	Meat Lasagna	Sliced Ham
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Lettuce + Tomato	Potatoes	Sweet Peas	Tossed Salad	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Fruit Cocktail	Broccoli	Peaches	Pineapple	Sweet Potatoes
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Taco Shell	WG Wheat Bread	Rice	WG noodles	WG Brown Rice
SNACK	Select 2	Apple Slices	Watermelon cubes	Fruit Cup	Yogurt	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.					
	Vegetable: Ages 1-2: ½ c; 3-5: ½ c; 6-18: ¾ c	WG Crackers	Chex Mix	Graham Crackers	Animal Crackers	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle

Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18

Week of Dec. 14-18 2026

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)	Apple Slices (C)	Melon Chunks (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Oatmeal	French Toast	WG toast w/ butter	Pancakes	WG Cheerios
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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.	Sliced Turkey	Ground Meat w/ Cheese	Baked Chicken	Ground meat w/ sauce	Pizza (CN)
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Baked Fries	Tossed Salad	Broccoli	Cauliflower	Tossed Salad
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Carrot Sticks	Corn	Apple slices	Green Beans	Mixed fruit
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Pita Bread	WG Rice	WG Noodles	Pizza crust
SNACK	Select 2	Peaches	Rolled up turkey slices	Yogurt	WG Crackers	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.	Graham Crackers	Cheese stick	Strawberries	Apple Sauce	Yogurt
	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Dec. 21-25, 2024

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	Fruit Cup (C)	Orange Slices (C)	Apple Slices (C)	Apricots (C)	Bananas (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	English Muffins	Bagels	WG Cheerios	WG Cheese Toast	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.	Tuna Salad Sandwich	Turkey	Ham Slices	Beef Stroganoff	Baked Chicken
	Vegetable: Ages 1-2: ½ c; 3-5: ¼ c; 6-18: ½ c	Lettuce & Tomato	Lima Beans	Baked Beans	Peas	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Cantaloupe	Sweet Potato	Sweet Corn	Fruit Cocktail	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Roll	Bread	Noodles	WG Brown Rice
SNACK	Select 2	Pears	Apple Slices	Salsa	Peaches	Fruit Cup
	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	Animal Crackers	Muffin	Tortilla Chips	Cubed Cheese	WG 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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: Achildren's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Dec. 28 - 1 2024

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)	Peaches (C)	Orange Slices (C)	Apple Slices (C)	Strawberries (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	Cream of Wheat	French Toast	WG toast	Pancakes	WG Cheerios
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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.	Beef Patty	Fish Tacos	Ground Meat w/ Cheese	Baked Chicken	Turkey
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Carrots	Corn	Green beans	Peas	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Baked French Fries	Tomato & Avocado	Mixed fruit	Broccoli	Apple slices
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bun	WG Tortilla	WG Noodles	Potatoes	Rice
SNACK	Select 2	Peaches	Yogurt	Pears	WG Crackers	Banana Bread
	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	Graham Crackers	Pretzels	Crackers	Cubed Cheese	Melon Chunks
	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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, list foods that will be served

Name of Child Care Facility: A Children's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Jan. 4-8 2027

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)	Strawberries (C)	Melon Chunks (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Cereal	French Toast	English Muffin	WG Pancakes	WG Cheerios
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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.	Grilled Cheese	All Meat Franks	Ground Meat w/ Sauce	Baked Turkey	Homemade Chicken Soup
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Carrot Sticks	Baked Beans	Green Salad	Green Beans	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Strawberries	Tossed Salad	Peaches	Sweet Potato	Mandarin oranges
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Hot Dog Buns	WG Pasta	Biscuit	Rice
SNACK	Select 2	Mango chunks	Berries	Salsa Dip	Apple Slices	Cheese stick
	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.	Crackers	Pretzels	Chips	Cornbread	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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Menu Planning Worksheet for Children

For each day, list foods that will be served

Name of Child Care Facility: A Children's Kastle

Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Jan 11-15 2027

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	Apple Slices (C)	Bananas (C)	Peaches (C)	Orange Slices (C)	Pears (C)
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Pancakes	WG Cereal	WG Toast	WG Cheerios	WG Cereal
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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	Hamburger patty	Meatballs w/ Sauce	Turkey & Cheese Wrap	Ham & Cheese Sandwich
	Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ½ c	Peas	Baked Fries	Green Salad	Carrot Sticks	Green Beans
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Carrots	Lettuce + tomato	Peaches	Pears	Fruit Cup
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Hamburger Bun	WG Roll	WG Wrap	WG Bread
SNACK	Select 2	Yogurt	Ritz Crackers	Banana	Apple Slices	Cheese stick
	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.	Graham Crackers	Cheese	Animal Crackers	Crackers	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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 Early Learning Center's Inc.

✓ Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Jan 18-22 2027

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	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.	Chicken Salad	Fish Tacos	Meatballs W/ Sauce	Tuna Salad	Sloppy Joe Meat
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Mixed Veggies	Shredded Lettuce	Peas	Broccoli	Carrots
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Pears	Mixed Fruit	Applesauce	Peaches	Melon
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Bread	WG Pita Bread	WG Pasta	WG Wrap	WG Hamburger Bun
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: ½ c; 3-5: ½ 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, list foods that will be served

Name of Child Care Facility: A Children's Kastle Menu Planning Age Group(s): ☒ 1 & 2 ☒ 3 - 5 ☒ 6 - 18 Week of Jan 25-29 2027

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	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	English Muffin	Bagels	Raisin Bread	WG Cereal
	Meat/Meat Alternate (optional)		Scrambled eggs	Peanut Butter	Sunflower butter	Refried beans
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.	Hamburger Patty	Ground Meat w/ Sauce	Chicken Drumsticks	Ham w/Mac & Cheese	Turkey & cheese
	Vegetable: Ages 1-2: ¼ c; 3-5: ½ c; 6-18: ½ c	Potato Wedges	Green Beans	Tater Tots	Broccoli	Mixed Veggies
	Fruit or Vegetable: Ages 1-2: ¼ c; 3-5: ¼ c; 6-18: ¼ c	Corn	Green Salad	Peas	Peaches	Pears
	Grains: Ages 1-2: ½ oz equivalent; 3-5: ½ oz equivalent 6-18: 1 oz equivalent	WG Hamburger Bun	WG Spaghetti	WG Bread	WG Pasta	WG Bread
SNACK	Select 2	Apple Slices	Pineapple	Salsa Dip	Fruit Cup	Crackers
	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	Cheese cubes	Cottage Cheese	Tortilla Chips	Graham Crackers	Cheese Cubes
	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					

There must be at least one whole grain/whole grain-rich grain item served each day and identified on menu as "WG" or "WGR". One year-old children receive unflavored whole milk; children ages 2-5 receive unflavored whole, reduced-fat, low-fat, or fat-free milk; children ages 6 and up receive flavored or unflavored whole, reduced-fat, low-fat or fat-free milk. Combination entrée items must have a CN Label, Product Formulation Statement (PFS) or Standardized Recipe on file.

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