

Child Meal Planning Guide

Center Name: _____

Week of : _____

Meal Component	Min. Serving Size			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk *	1/2 C. (4 fl. OZ.)	3/4 C. (6 fl. OZ.)	1 C. (8 fl. OZ.)					
Grain/Bread Alt.	1/2 oz	1/2 oz	1 oz	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>
Fruit, Vegetable, or both	1/4 C. (2 fl. OZ)	1/2 C. (4 fl. OZ.)	1/2 C. (4 fl. OZ.)					
Meat/Meat Alt. (can replace Grain/bread upto 3 times a week)	1/2 oz	1/2 oz	1 oz					
Lunch/Supper								
Fluid Milk *	1/2 C. (4 fl. OZ.)	3/4 C. (6 fl. OZ.)	1 C. (8 fl. OZ.)					
Grain/Bread Alt.	1/2 oz	1/2 oz	1 oz	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>
Meat/Meat Alt.	1 OZ **	1.5 OZ. **	2 OZ **					
Vegetable	1/8 cup	1/4 cup	1/2 cup					
Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup					
Snack (Must contain 2								
Fluid Milk *	1/2 C. (4 fl. OZ.)	1/2 C. (4 fl. OZ.)	1 C. (8 fl. OZ.)					
Grain/Bread Alt.	1/2 oz	1/2 oz	1 oz	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>	WG <input type="checkbox"/>
Meat/Meat Alt.	1/2 OZ **	1/2 OZ **	1 OZ **					
Vegetable	1/2 C. (4 fl. OZ.)	1/2 C. (4 fl. OZ.)	3/4 C. (6 fl. OZ.)					
Fruit	1/2 C. (4 fl. OZ.)	1/2 C. (4 fl. OZ.)	3/4 C. (6 fl. OZ.)					

* Specify the type(s) of milk served. Serve only whole milk to children between the ages of 1 and 2. Serve only low-fat or fat-free milk to children ages 2 and older.

** Meat and cheese, 1oz = 1 oz; eggs, 1/2 egg = 1 oz; cooked beans/ peas, 1/2 cup = 1 oz; peanut/nut/seed butters, 2 tbsp = 1oz; nuts/seeds, 1 oz =1oz; yogurt, 4 oz (1/2 cup) = 1 oz

WG =Whole Grains: Check box next to WG, if item is a whole grain item. Remember at least one item a day **MUST** be whole grain.