**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** |  | **WG** |  | **WG** |  | **WG** |  | **WG** |  |
| 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 up to 3 times a week) | 1/2 oz eq | 1/2 oz eq | 1 oz eq |  | |  | |  | |  | |  | |
| ***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 eq | 1/2 oz eq | 1 oz eq | **WG** |  | **WG** |  | **WG** |  | **WG** |  | **WG** |  |
| Meat/ Meat Alt | 1 OZ \*\* | 1.5 OZ. \*\* | 2 OZ \*\* | **CN** |  | **CN** |  | **CN** |  | **CN** |  | **CN** |  |
| Additional Full Serving of Meat/Meat Alt if CN label has not been submitted | 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 eq | 1/2 oz eq | 1 oz eq | **WG** |  | **WG** |  | **WG** |  | **WG** |  | **WG** |  |
| 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.

**CN =** Child Nutrition Label, if item requires CN label box must be checked to receive credit for item served.

oz eq = ounce equivalents

**This institution is an equal opportunity provider**