

Child Menu Planner Site Name: _____ Weeks: _____ - _____

Instructions: Enter the date at the top of each column. List the food item for each meal component (Milk, Fruit/Vegetable, Grain/Bread, Meat/ Meat Alternate, etc.) and include the serving size under the correct age group.

Breakfast	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12
Milk ² – Age 1: Whole 2yr+: 1% or Nonfat																				
Fruit or Vegetable ³																				
Grain/Bread ^{4,5,6,7}																				
Meat/Meat Alternate ^{5,8}																				
Other Foods Extra to Meal Pattern																				
AM Snack (Any two)	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12	Date	Age 1-2	Age 3-5	Age 6-12
Milk ² – Age 1: Whole 2yr+: 1% or Nonfat																				
Fruit or Vegetable ³																				
Vegetable ³																				
Grain/Bread ⁴																				
Meat/Meat Alternate ⁸																				
Other Foods Extra to Meal Pattern																				

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Weeks: -

[illegible]



Weeks: _____ - _____

[illegible]

Notes

1. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
2. Record type of milk and if flavored. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. At least one serving per day, across all eating occasions, must be whole grain rich (WGR). Grain-based desserts do not count towards meeting the grains requirement. Identify the WGR item for the day on the menu.
5. Meat and meat alternates may be used to meet the entire grains requirement at breakfast a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
6. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children ages 6-12.
7. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams per 100 grams)
8. Yogurt must contain no more than 23 grams of total sugar per 6 ounces.

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2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

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