

MENU- PLANNING WORKSHEET

Week Of 1 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

Record all food and beverages served. Please print in black ink. Refer to Appendix C in Regulations Governing Licensure of Child Care Facilities

WEEK 1 (shows the vitamin sources for the day)
 * Denotes Foods High in Vitamin C – Need Vitamin C source daily
 + Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
 # Denotes Foods with Recipe attached

Meal Components	Monday **++	Tuesday **++	Wednesday****++	Thursday****++	Friday****
Breakfast-Time Served _____ Fruit Cereal or Bread Alternate Milk Other foods	Orange Wedges* Blueberry Muffin or Bagel Skim/Fat Free/Fat Free Milk Water	Banana Half Oatmeal or Grits Skim/Fat Free Milk Water	Mandarin Orange Segments* Wheat or Raisin Toast Skim/Fat Free Milk Water	Grapes or Fruit Cocktail Bran or Banana Muffin Skim/Fat Free Milk Water	Orange Wedges* Bran or Corn Flakes Skim/Fat Free Milk Water
Snack-Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Corn Flakes or Bran Cereal Skim/Fat Free Milk Water	Wheat Thin Crackers Tomato Juice *+ Water	Peach Crisp+# (With peaches/oatmeal) Water	Papaya & Mango Fruit Salad*+ Animal Crackers Water	Ham & Veggie Tortilla# Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Teriyaki Chicken# on Brown Rice Stewed Okra & Tomatoes*+ Sliced Peaches+ Skim/Fat Free Milk Water	Roasted Turkey Macaroni & Cheese Green Beans or English Peas Pineapple Tidbits Skim/Fat Free Milk Water	Baked Chicken Nuggets# Mustard Greens*+ Fruit Cocktail Roll or Bread Skim/Fat Free Milk Water	Cheese Pizza w/extra Meat & Veggies Raw Broccoli* w/Low-fat Ranch dip Strawberries* or Honeydew Melon* Skim/Fat Free Milk Water	Beef Patty in Gravy Mashed or Cubed Potatoes Stewed Collard Greens*+ Pear Half Cornbread or Bread Skim/Fat Free Milk Water
Snack -Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Granola Bar Sliced Apple Water	Goldfish or Saltine Crackers Fresh Orange Wedges* Water	Vanilla Wafers with Peanut Butter Water	Yogurt Cereal Sundae Cup# (Yogurt, Cereal, Fruit) Water	Steamed or Raw Carrots with Low-fat Ranch dip Saltine Crackers Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Soft Taco w/Ground Beef & Cheese Sliced Cucumber or Cauliflower* with Low-fat Ranch dip Fresh Banana Half Skim/Fat Free Milk Water	Meat Loaf Yellow or Wild Rice Succotash or Black-eye Peas Copper Penny Carrot Salad+# Skim/Fat Free Milk Water	Tuna Salad Sandwich on Wheat Bread Sliced Tomatoes*+ Pineapple Tidbits* Skim/Fat Free Milk Water	BBQ Drumettes Baked Beans or Green Beans Apple & Carrot Salad+# Skim/Fat Free Milk Water	Pimento & Cheese Sandwich on Wheat Bread Vegetable Soup Peach Half+ Skim/Fat Free Milk Water

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WEEK 2 (shows the vitamin sources for the day)
 * Denotes Foods High in Vitamin C – Need Vitamin C source daily
 + Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
 # Denotes Foods with Recipe attached

Meal Components	Monday ***+	Tuesday ****+++	Wednesday **++	Thursday **+	Friday ***++
Breakfast-Time Served _____ Fruit Cereal or Bread Alternate Milk Other foods	Pineapple Tidbits* Cinnamon Toast Skim/Fat Free milk water	Grapefruit Segments * Buttered Oatmeal or Corn Flakes Skim/Fat Free milk water	Sliced Kiwi*, Pineapple Tidbits* Blueberry or Bran Muffin Skim/Fat Free milk water	Grapes Biscuit with Ham Skim/Fat Free milk water	Orange Wedges* Raisin Toast or Bagel Skim/Fat Free milk water
Snack-Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Bran Muffin or Granola Bar Chocolate Milk Water	Spicy Cereal Mix Melon Balls+ Water	Broccoli**+ or Cauliflower* with Lowfat Ranch Dip Crackers Water	Blueberry Crumble*# (blueberries/oatmeal) Water	Crackers Sliced Apple Wedges OR Fruit Parfait# Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Meat Sauce over Wheat Spaghetti Broccoli/Cauliflower/Carrots *+ Pear Chunks Skim/Fat Free milk water	Chicken Stir Fry w/Snow Peas* & Peppers* over Brown Rice Mandarin Orange Segments*+ Skim/Fat Free milk water	Grilled Cheese on Wheat Bread Vegetable Soup Peach Slices + Skim/Fat Free milk water	Baked or BBQ Chicken Strips Whole Kernel Corn Brussel Sprouts *+ Bread or Roll Skim/Fat Free milk water	Baked Ham Lima or Pinto Beans Mustard*+ or Turnip Greens*+ Cornbread or Bread Skim/Fat Free milk water
Snack -Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Stewed Apples in Tortilla Water	Graham Crackers Chilled Grapes or Fresh Fruit Water	Banana Half Vanilla Wafers or Oatmeal Cookie Water	Strawberries* or Fresh Fruit Yogurt Cup Water	Cheese Quesadilla (Wheat tortilla w/Cheese) Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Salmon or Tuna Pattie Cabbage Slaw* Banana Half in Pudding w/Vanilla Wafers Skim/Fat Free milk water	Sloppy Jo on Wheat Bun Raw or Cooked Carrots+ Tropical Fruit Blend* Skim/Fat Free milk water	Pork Roast or Chop Baked Sweet Potato* or Patty+ Pinto Beans or Black-eye Peas Cornbread or Bread Skim/Fat Free milk water	Beef Stew w/Potatoes, Carrots+ & Peas Crackers or Cornbread Skim/Fat Free milk water	Spanish Rice w/Ground Beef, Tomatoes*+ Fruit Cocktail Skim/Fat Free milk water

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WEEK 3 (shows the vitamin sources for the day)
 * Denotes Foods High in Vitamin C – Need Vitamin C source daily
 + Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
 # Denotes Foods with Recipe attached

Meal Components	Monday ***+++	Tuesday ***+	Wednesday **+	Thursday ***++++	Friday ***+++
Breakfast-Time Served _____ Fruit Cereal or Bread Alternate Milk Other foods	Orange Wedges* Oatmeal or Grits Skim/Fat Free Milk Water	Apple Slices Corn Flakes or Bran Cereal Skim/Fat Free Milk Water	Grapes Toast Skim/Fat Free Milk Water	Orange Wedges* Bran or Banana Muffin Skim/Fat Free Milk Water	Grapefruit Segments* or Banana Half Cheese Toast Skim/Fat Free Milk Water
Snack-Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Peach Crisp+##(w/ peaches & oatmeal) Water	Fruited Lowfat Cottage Cheese Graham Crackers Water	Cheese Cubes with Crackers Water	Ham & Veggie Wheat Tortilla Roll-up# Water	Apple Salad Crackers Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Cornflake Baked Pork Cutlet# Mixed Vegetables+ Honeydew Melon* or Pineapple Tidbits* Skim/Fat Free Milk Water	Grilled Chicken Pattie on Wheat Bun Baked Beans Carrot/Cabbage Slaw*+## Skim/Fat Free Milk Water	Beef Goulash w/Noodles, Tomatoes*+ & Peas Tropical Fruit Blend* Skim/Fat Free Milk Water	Chicken & Dumplings Mustard*+ or Turnip Greens*+ Pineapple Tidbits* Skim/Fat Free Milk Water	Ham & Scalloped Potatoes Stewed Okra+ & Tomatoes*+ Grapes Cornbread or Roll Skim/Fat Free Milk Water
Snack -Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Granola Bar Sliced Apple Water	Goldfish or Saltine Crackers Mandarin Orange Segments* Water	Stewed Apples in Flour Tortilla Water	Boiled Egg+ Crackers Water	Mango & Papaya Slices*+ Rice Cake Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Beef Stroganoff over Wheat Noodles Cooked Broccoli *+ Pear Half Skim/Fat Free Milk Water	Scrambled Eggs+ & Cheese Baked Red Potatoes w/Herbs* Fruit Cocktail Toast Skim/Fat Free Milk Water	Turkey Salad Wheat Bread Sandwich Corn & Black Bean Salad# Banana Half Skim/Fat Free Milk Water	Sliced Turkey Breast Italian Broccoli & Pasta *+## Cantaloupe+ or Melon Balls+ Skim/Fat Free Milk Water	Beef & Rice Casserole# Green Beans Sliced Peaches+ Skim/Fat Free Milk Water

MENU- PLANNING WORKSHEET

Week Of 4 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

Record all food and beverages served. Please print in black ink. Refer to Appendix C in Regulations Governing Licensure of Child Care Facilities

WEEK 4 (shows the vitamin sources for the day)
 * Denotes Foods High in Vitamin C – Need Vitamin C source daily
 + Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
 # Denotes Food with Recipe attached

Meal Components	Monday ****+++	Tuesday **+	Wednesday****+++	Thursday***+++	Friday***++
Breakfast-Time Served _____ Fruit Cereal or Bread Alternate Milk Other foods	Orange Slices* Steamed Oatmeal or Fat-free Cheese Grits Skim/Fat Free Milk Water	Grapes Corn Flakes or Rice Krispies Skim/Fat Free Milk Water	Pineapple Tidbits* Toast Skim/Fat Free Milk Water	Apple Slices Bran or Banana Muffin Skim/Fat Free Milk Water	Orange Wedges* Raisin Bagel w/Fruit Spread Skim/Fat Free Milk Water
Snack-Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Graham Crackers w/Peanut Butter Water	Cauliflower* or Cucumber w/Lowfat Ranch Dip Crackers Water	Cantaloupe+ or Melon Balls+ Lowfat Wheat Thin Crackers Water	Granola Bar Grapes or Banana Half Water	Graham Crackers w/Peanut Butter Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Tuna Noodle Casserole# Stewed Okra+ & Tomatoes*+ Peach Slices+ Skim/Fat Free Milk Water	Red Beans & Ham over Brown Rice Cooked Carrots+ or Copper Penny Carrot + Salad# Baked Apple Skim/Fat Free Milk Water	Soft Taco w/Ground Beef & Cheese Chopped Green Leaf Lettuce & Tomatoes* Pear Half Skim/Fat Free Milk Water	Stir Fry Chicken w/Snow Peas+ & Carrots+ Mandarin Orange Segments* Roll or Bread Skim/Fat Free Milk Water	Chili over Cornbread Mustard*+ or Turnip Greens*+ Chilled Mixed Fruit Cup Skim/Fat Free Milk Water
Snack -Time Served _____ (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Banana Half Vanilla Wafers or Animal Crackers Water	Blueberry Crumble*# (blueberries & oatmeal) Water	Gone Fishin-Yogurt w/Goldfish Crackers & Pretzels# Water	Pineapple Tidbits* Cheese Crackers Water	Frozen 100% Fruit Juice Bar Spicy Dry Cereal Water
Lunch/Supper-Time Served _____ Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Grilled Chicken Breast on Wheat Bun Baked Red Potato Chunks* Broccoli or Cabbage Slaw*+ Skim/Fat Free Milk Water	BBQ Beef Cup# Lima Beans Fruit Cocktail Skim/Fat Free Milk Water	Baked Turkey Baked Sweet Potato* or Patty+ Brussel Sprouts*+ Cornbread or Bread Skim/Fat Free Milk Water	Meat Balls over Brown Rice Rutabagas*+ Sliced Peaches+ Skim/Fat Free Milk Water	Baked Fish Whole Kernel Corn Sliced Tomatoes*+ Roll or Bread Skim/Fat Free Milk Water

