

Weekly Menu for Children (7-Day)

Week of: _____

Family Child Care Provider Name:											
Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:	Date:
		1 & 2 years	3 - 5 years	6 - 12 years	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Breakfast	Milk, fluid	1/2 cup	3/4 cup	1 cup							
	Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup							
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2oz.	1 slice 3/4 cup or 1 oz.							
AM Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup							
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup							
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup							
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.							
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.							
	Grains/Breads Pasta/Noodles	1/2 slice 1/4cup	1/2 slice 1/4cup	1 slice 1/2cup							
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total							
	Milk, fluid	1/2 cup	3/4 cup	1 cup							

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Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:	Date:
PM Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup						
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup						
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup						
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.						
Supper	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.						
	Grains/Breads Pasta/Noodles	1/2 slice 1/4cup	1/2 slice 1/4cup	1 slice 1/2cup						
	Fruit and/or vegetable and/or juice (to total 2 or more)	1/4 cup total	1/2 cup total	3/4 cup total						
	Milk, fluid	1/2 cup	3/4 cup	1 cup						
EVE Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup						
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup						
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup						
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.						