

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)
c Denotes Foods High in Vitamin C – Need Vitamin C source daily
a Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
++Denotes Meatless meal

Meal Components Must have 2 ½ - 4 hours between meals/snacks	Monday ccaa	Tuesday cc	Wednesday ccaa	Thursday caa	Friday ccaa
Breakfast -Time Served (7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Orange Wedges- c Blueberry Muffin or Bagel Skim/Fat Free/Fat Free Milk Water	Banana Half Oatmeal or Grits Skim/Fat Free Milk Water	Mandarin Orange Segments- ca Wheat or Raisin Toast Skim/Fat Free Milk Water	Pear or Applesauce Bran or Banana Muffin Skim/Fat Free Milk Water	Orange Wedges- c Bran or Whole Grain Dry Cereal Skim/Fat Free Milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Teriyaki or BBQ Chicken on Brown Rice Stewed Okra, Corn & Tomatoes- ca Sliced Peaches- a Skim/Fat Free Milk Water	Roasted Pork or Turkey Macaroni & Cheese Green Beans or English Peas Pineapple Tidbits- c Skim/Fat Free Milk Water	++ Dried White Beans or Pinto Beans Sweet Potatoes- ca Fruit Cocktail Cornbread or Wheat Roll Skim/Fat Free Milk Water	Chicken or Turkey Pot Pie with English Peas and Carrots- a Raw Broccoli- ca w/Low-fat Ranch Dip Skim/Fat Free Milk Water	Meat Loaf or Beef Patty in Gravy Baked Red- c or Cubed Red Potatoes- c Collard- ca , Mustard- ca or Turnip Greens- ca Cornbread or Wheat Bread Skim/Fat Free Milk Water
Snack -Time Served (2 or 2:30 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Low Fat Granola Bar or Peanut Butter Sliced Apple Water	Apple, Peach, or Blueberry Muffin Skim/Fat Free Milk Water	Low Fat Cheese Stick Sociable or Triscuit Crackers Water	Yogurt Cereal Sundae Cup (Yogurt, Cereal, Fruit) or Chilled Fruit Cup w/ Dry Cereal Mix Water	Ham & Veggie Tortilla (tortilla, ham, cheese, broccoli, peppers) or Apple Coffee Cake with Skim/Fat Free Milk Water
Snack -Time Served (4:30 or 5 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Animal Crackers or Graham Crackers Grape Juice Water	Goldfish or Whole Grain Crackers Orange Juice- c Water	Vanilla Wafers with Peanut Butter Water	Animal Crackers or Vanilla Wafers Apple Juice Water	Whole Grain Crackers or Thin Pretzels Pineapple Juice- c Water

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WEEK 2 (shows the vitamin sources for the day)
c Denotes Foods High in Vitamin C – Need Vitamin C source daily
a Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
++Denotes Meatless meal

Meal Components Must have 2 ½ - 4 hours between meals/snacks	Monday cca	Tuesday cccca	Wednesday cca	Thursday caa	Friday cccca
Breakfast -Time Served (7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Pineapple Tidbits- c Cinnamon or Cheese Toast Skim/Fat Free milk Water	Grapefruit Segments- c Oatmeal or Grits Skim/Fat Free milk Water	Tropical Fruit- c Blueberry or Bran Muffin Skim/Fat Free milk Water	Banana Half Biscuit with Ham Skim/Fat Free milk Water	Orange Wedges- c Raisin Toast or Bagel Skim/Fat Free milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Meat Sauce over Wheat Spaghetti or Lasagna Green Beans or Stewed Squash Pear Chunks Skim/Fat Free milk Water	Chicken Stir Fry w/Broccoli- ca and Carrots- a over Brown Rice Mandarin Orange Segments- ca Skim/Fat Free milk Water	++ Grilled Cheese on Wheat Bread Vegetable Soup(extra veggies) Peach Slices- a Skim/Fat Free milk Water	Baked, Parmesan, or BBQ Chicken Strips Whole Kernel Corn Brussels Sprouts- ca or Stewed Okra/Tomatoes- ca Wheat Bread, Roll or Macaroni & Cheese Skim/Fat Free milk Water	++ Vegetarian/Bean Chili(with carrots- a , peppers- ca) Mixed Fruit Cup Cornbread or Wheat Bread Skim/Fat Free milk Water
Snack -Time Served (2 or 2:30 PM) (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 or Ice Cream Cone Water	Spicy Cereal Mix Melon Balls- ca or Pineapple - c Water	Oatmeal Cookie Peanut Butter or Fat Free/Skim Milk Water	Peach Crisp- a (With peaches/oatmeal) or Peaches- a with yogurt Water	Broccoli- ca or Cauliflower- c with Lowfat Ranch Dip Whole Grain Crackers Water
Snack -Time Served (4:30 or 5 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Vanilla Wafers or Graham Crackers Grape Juice Water	Thin Pretzels or Goldfish Crackers Apple or Grape Juice Water	Animal Crackers or Low Fat Granola Bar Orange- c or Pineapple Juice- c Water	Whole Grain Saltine or Sociable Crackers Apple or Grape Juice Water	Vanilla Wafers or Dry Cereal Cup Pineapple Juice- c Water

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WEEK 3 (shows the vitamin sources for the day)
c Denotes Foods High in Vitamin C – Need Vitamin C source daily
a Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
++Denotes Meatless meal

Meal Components Must have 2 ½ - 4 hours between meals/snacks	Monday ccca	Tuesday ccaa	Wednesday ccc	Thursday caa	Friday cccaa
Breakfast -Time Served (7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Orange Wedges- c Oatmeal or Grits Skim/Fat Free Milk Water	Apple Slices Whole Grain or Bran Cereal Skim/Fat Free Milk Water	Banana Half Waffle or Pancake w/ Powdered Sugar Skim/Fat Free Milk Water	Pear Half Bran or Banana Muffin Skim/Fat Free Milk Water	Grapefruit Segments- c Cheese Toast Skim/Fat Free Milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Baked or BarBQ Pork/Beef/Turkey Cutlet/Chop Brown Rice Mixed Vegetables- a Honeydew Melon- c or Pineapple Tidbits- c Skim/Fat Free Milk Water	++ Black Bean and Corn Quesadilla with Low Fat Cheese Carrot/Cabbage Slaw- ca Pear Chunks Skim/Fat Free Milk Water	Beef Goulash w/Noodles, Tomatoes- ca & Peas or Ground Beef with Spanish Rice and Tomatoes- c Tropical Fruit Cup- c Skim/Fat Free Milk Water	Chicken & Dumplings or Chicken/Turkey Spaghetti Collard- ca , Mustard- ca or Turnip Greens- ca Pineapple Tidbits- c Skim/Fat Free Milk Water	Ham or Tuna & Scalloped Potatoes Stewed Okra, Corn & Tomatoes- ca Cornbread or Wheat Roll Skim/Fat Free Milk Water
Snack -Time Served (2 or 2:30 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Low Fat Granola Bar Sliced Apple Water	Banana or Pineapple Bread Mandarin Orange Segments- ca Water	Low Fat Cheese Cubes with Whole Grain Crackers Water	Boiled Egg- a or Peanut Butter Whole Grain Crackers Water	Peach Crisp- a (w/ peaches & oatmeal) or Peach Coffee Cake with Skim/Fat Free Milk Water
Snack -Time Served (4:30 or 5 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Whole Grain or Triscuit Crackers Pineapple Juice- c Water	Graham Crackers Grape Juice Water	Thin Pretzels or Goldfish Crackers Pineapple- c or Orange- c Juice Water	Vanilla Wafers or Animal Crackers Apple or Grape Juice Water	Dry Cereal Cup or Whole Grain Crackers Pineapple- c or Orange- c Juice 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 Meatless meal

Meal Components Must have 2 ½ - 4 hours between meals/snacks	Monday cca	Tuesday caa	Wednesday ca	Thursday cca	Friday cca
Breakfast -Time Served (7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Orange Slices- c Oatmeal or Cheese Grits Skim/Fat Free Milk Water	Applesauce Whole Grain or Bran Cereal Skim/Fat Free Milk Water	Pineapple Tidbits- c Wheat Toast Skim/Fat Free Milk Water	Orange Wedges- c Bran or Banana Muffin Skim/Fat Free Milk Water	Apple Slices Raisin Bagel or Carrot Bread w/Fruit Spread Skim/Fat Free Milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Beef Stroganoff over Wheat Noodles Lima Beans or Black-Eye Peas Tropical Fruit Cup- c Skim/Fat Free Milk Water	++ Red Beans (NO Ham) over Brown Rice Green Beans Mandarin Orange Segments- ca or Strawberries- c Skim/Fat Free Milk Water	Soft Taco w/Ground Beef & Cheese w/ Green Leaf Lettuce- & Tomatoes Whole Kernal Corn Pear Half Skim/Fat Free Milk Water	++ Pimento & Cheese or Egg Salad Sandwich on Wheat Bread Vegetable Soup(with extra veggies) Peach Half- a Skim/Fat Free Milk Water	Chili over Cornbread Mustard- ca , Turnip Greens- ca or Cabbage- c Chilled Mixed Fruit Cup Skim/Fat Free Milk Water
Snack -Time Served (2 or 2:30 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Raw Broccoli- ca or Cauliflower- c with Low Fat Ranch Dip Whole Grain Crackers Water	Boiled Egg- a Wheat Thin Crackers Water	Gone Fishin-Yogurt w/Goldfish Crackers & Pretzels Water	Pineapple Tidbits- c Trail Mix Water	Banana Half w/ Banana Pudding in an Ice Cream Cone Water
Snack -Time Served (4:30 or 5 PM) (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 Apple or Grape Juice Water	Vanilla Wafers or Animal Crackers Pineapple Juice- c Water	Cheese Crackers Apple or Grape Juice Water	Oatmeal Cookie Grape Juice Water	GoldFish or Cheese Crackers Pineapple Juice- c Water

MENU- PLANNING WORKSHEET

Week Of 5 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

WEEK 5 (shows the vitamin sources for the day)
cDenotes Foods High in Vitamin C – Need Vitamin C source daily
a Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
++Denotes Meatless meal

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

Meal Components <small>Must have 2 ½ - 4 hours between meals/snacks</small>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast -Time Served (7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Orange Slices- c Bran or Whole Grain Dry Cereal Skim/Fat Free Milk Water	Applesauce Blueberry or Bran Muffin Skim/Fat Free milk Water	Pineapple Tidbits- c Cinnamon or Cheese Toast Skim/Fat Free milk Water	Orange Wedges- c Bran or Banana Muffin Skim/Fat Free Milk Water	Apple Slices Raisin Bagel or Carrot Bread w/Fruit Spread Skim/Fat Free Milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	Sloppy Jo on Wheat Bun Or BBQ Beef Cups Raw or Cooked Carrots- a Tropical Fruit Blend- c Skim/Fat Free milk Water	Grilled Chicken Breast on Wheat Bun w/ Leaf Lettuce, Tomato Baked Sweet Potato or Wedges- ca Broccoli- ca or Cabbage Slaw- ca Skim/Fat Free Milk Water	Meat Balls over Brown Rice Brussels Sprouts- ca or Rutabagas- ca Sliced Peaches- c Skim/Fat Free Milk Water	++ Scrambled Eggs- a & Cheese Baked Red Potatoes w/Herbs- c Fruit Cocktail Wheat Toast Skim/Fat Free Milk Water	Tuna Salad on Wheat Bread or Salmon/Tuna Pattie w/ Wheat Bread Corn & Black Bean Salad Pear Chunks Skim/Fat Free Milk Water
Snack -Time Served (2 or 2:30 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Cherry Tomatoes- ca with low Fat Ranch Dressing Saltine or Ritz Crackers Water	½ Banana in Pudding in Ice Cream Cone Water	½ Ham Sandwich on Wheat Bread or Dry Cereal with Skim/Fat Free Milk Water	Peanut Butter on Whole Grain Crackers Water	Trail Mix Cup Orange Wedges- c Water
Snack -Time Served (4:30 or 5 PM) (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 Apple or Grape Juice Water	Vanilla Wafers or Animal Crackers Pineapple Juice- c Water	Cheese Crackers or Thin Pretzels Apple or Grape Juice Water	Oatmeal Cookie or Graham Crackers Grape Juice Water	GoldFish or Cheese Crackers Pineapple Juice- c Water

Week Of 6 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

WEEK 6 (shows the vitamin sources for the day)
cDenotes Foods High in Vitamin C – Need Vitamin C source daily
a Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week
++Denotes Meatless meal

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

Meal Components Must have 2 ½ - 4 hours between meals/snacks	Monday ccca	Tuesday ca	Wednesday cca	Thursday ca	Friday ccca
Breakfast -Time Served(7 or 7:30 AM) Fruit Cereal or Bread Alternate Milk Other foods	Orange Wedges- c Oatmeal or Grits Skim/Fat Free Milk Water	Apple Slices Bran or Whole Grain Dry Cereal Skim/Fat Free Milk Water	Banana Half Waffle or Pancake w/ Powdered Sugar Skim/Fat Free Milk Water	Pear Half Bran or Banana Muffin Skim/Fat Free Milk Water	Grapefruit Segments- c Cheese Toast Skim/Fat Free Milk Water
Lunch/Supper -Time Served (11 or 11:30 AM) Meat or Alternate Vegetables and Fruits (2 Vegetables/fruits or 1vegetable & 1 fruit) Bread or Alternate Milk Other foods	BBQ or Baked Boneless Drumettes Baked Beans or Lima Beans Tropical Fruit Blend- c Roll or Wheat Bread Skim/Fat Free Milk Water	Meat Loaf or Beef Patty Yellow or Wild Rice Succotash or Black-eye Peas Copper Penny Carrot Salad- a Skim/Fat Free Milk Water	Baked Turkey Baked Sweet Potato or Wedges- ca Broccoli- ca or Brussels Sprouts- ca Cornbread or Wheat Bread Skim/Fat Free Milk Water	++ White Ford Hook Lima Beans w/ Cornbread Green Beans or Squash Mandarin Orange Segments- ca Skim/Fat Free Milk Water	Baked Fish Whole Kernel Corn Sliced Tomatoes- ca Roll or Wheat Bread Skim/Fat Free Milk Water
Snack -Time Served (2 or 2:30 PM) (Select 2 out of 4 food groups) Meat or Alternate Vegetable or Fruit or Juice Bread or Alternate Milk or Dairy Food Other foods	Raw Broccoli- ca or Cauliflower- c with Low Fat Ranch Dip Whole Grain Crackers Water	Oatmeal Cookie Peanut Butter or Fat Free/Skim Milk Water	Spicy Cereal Mix Melon Balls- c or Pineapple - c Water	Applesauce Whole Grain Crackers Water	Low Fat Cheese Cubes with Whole Grain Crackers Water
Snack -Time Served (4:30 or 5 PM) (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 or Peanut Butter Cookie Apple or Grape Juice Water	Vanilla Wafers or Animal Crackers Pineapple Juice- c Water	Cheese Crackers or Thin Pretzels Apple or Grape Juice Water	Oatmeal Cookie or Vanilla Wafers Grape Juice Water	GoldFish or Cheese Crackers Pineapple Juice- c Water