

MENU- PLANNING WORKSHEET

Lower Cost Early Education Suggested Menu

Week Of 1 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

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

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

<p align="center">Meal Components</p> <p align="center">Must have 2 ½ - 4 hours between meals/snacks</p>	<p align="center">Monday <i>cca</i></p>	<p align="center">Tuesday <i>c</i></p>	<p align="center">Wednesday <i>ca</i></p>	<p align="center">Thursday <i>caa</i></p>	<p align="center">Friday <i>cca</i></p>
<p>Breakfast Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods</p>	<p align="center">Orange Wedges-c Assorted Muffin, Biscuit, or Bagel Water</p>	<p align="center">Oatmeal or Grits Skim/Fat Free Milk Water</p>	<p align="center">Wheat or Raisin Toast Skim/Fat Free Milk Water</p>	<p align="center">Bran or Assorted Muffin Skim/Fat Free Milk Water</p>	<p align="center">Bran or Whole Grain Dry Cereal Skim/Fat Free Milk Water</p>
<p>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</p>	<p align="center">Teriyaki or BBQ Chicken on Brown Rice Stewed Okra-ca Sliced Peaches-a Skim/Fat Free Milk Water</p>	<p align="center">Roasted Pork or Turkey Macaroni & Cheese Green Beans or English Peas Applesauce Skim/Fat Free Milk Water</p>	<p align="center">++Dried White Beans or Pinto Beans Carrots-a or Sweet Potatoes-ca Fruit Cocktail Cornbread or Wheat Roll Skim/Fat Free Milk Water</p>	<p align="center">Chicken or Turkey Pot Pie with English Peas and Carrots-a Raw Broccoli-ca w/Low-fat Ranch Dip Skim/Fat Free Milk Water</p>	<p align="center">Meat Loaf or Beef Patty in Gravy Mashed Potatoes Collard-ca, Mustard-ca or Turnip Greens-ca Cornbread or Wheat Bread Skim/Fat Free Milk Water</p>
<p>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</p>	<p align="center">Peanut Butter Whole Grain Crackers Water</p>	<p align="center">Assorted Muffin Skim/Fat Free Milk Water</p>	<p align="center">Low Fat Cheese Slices Whole Grain Crackers Water</p>	<p align="center">½ Banana Dry Cereal Mix Water</p>	<p align="center">Peanut Butter on Graham Crackers Water</p>
<p>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</p>	<p align="center">Animal Crackers or Graham Crackers Grape Juice Water</p>	<p align="center">Whole Grain Crackers Orange Juice-c Water</p>	<p align="center">Vanilla Wafers Pineapple Juice-c Water</p>	<p align="center">Animal Crackers or Butter Cookies Apple Juice Water</p>	<p align="center">Whole Grain Crackers or Thin Pretzels Orange Juice-c Water</p>

Week Of _____ Facility Name _____ County _____

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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 ca	Tuesday caa	Wednesday ca	Thursday ca	Friday ccca
Breakfast Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods	Pineapple Tidbits- c Cinnamon or Cheese Toast Water	Oatmeal or Grits Skim/Fat Free Milk Water	Assorted Muffin Skim/Fat Free Milk Water	Banana Half 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 Stewed Okra/Tomatoes- ca Wheat Bread, Roll or Macaroni & Cheese Skim/Fat Free Milk Water	++Vegetarian/Bean Chili(with carrots- a , peppers- ca) Coleslaw- c 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	Carrot Sticks- a with Lowfat Ranch Dip Whole Grain Crackers Water	Spicy Cereal Mix 1/2 banana Water	Oatmeal Cookie Peanut Butter or Fat Free/Skim Milk Water	Low Fat Cheese Slice Whole Grain Crackers Water	Applesauce Graham 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 Whole Grain Crackers Apple or Grape Juice Water	Animal Crackers Orange- c or Pineapple Juice- c Water	Butter Cookies Apple or Grape Juice Water	Vanilla Wafers or Dry Cereal Cup Pineapple Juice- c Water

Week Of _____ Facility Name _____ County _____

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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 ca	Tuesday ccaa	Wednesday ccca	Thursday cca	Friday cca
Breakfast Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods	Oatmeal or Grits Skim/Fat Free Milk Water	Whole Grain or Bran Cereal Skim/Fat Free Milk Water	Banana Half Waffle or Pancake w/ Powdered Sugar Water	Bran or Assorted Muffin Skim/Fat Free Milk Water	Cheese Toast 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 Pineapple Tidbits- c Skim/Fat Free Milk Water	++ Black Beans over Brown Rice with Low Fat Cheese Carrot Salad/ Raw Carrots- a Pear Chunks Skim/Fat Free Milk Water	Beef Goulash w/Noodles, Tomatoes- ca & Peas or Ground Beef with Spanish Rice and Tomatoes- ca 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, & 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	Graham Crackers Sliced Apple Water	Banana Bread Mandarin Orange Segments- ca Water	Low Fat Cheese Cubes with Whole Grain Crackers Water	Peanut Butter Whole Grain Crackers Water	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 Crackers Tomato- ca or Orange 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

Lower Cost Early Education Suggested Menu

Week Of 4 Facility Name _____ County _____

Hours of Operation _____ Mailing Address _____ Telephone _____

Contact Person _____ Phone # _____

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WEEK 4 (shows the vitamin sources for the day)
a Denotes Foods High in Vitamin C – Need Vitamin C source daily
c 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 ca	Tuesday ca	Wednesday c	Thursday cca	Friday cca
Breakfast Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods	Oatmeal or Cheese Grits Skim/Fat Free Milk Water	Applesauce Waffle or Biscuit Water	Pineapple Tidbits c Wheat or Raisin Toast Water	Orange Wedges c Bran or Assorted Muffin Water	Wheat 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 1 vegetable & 1 fruit) Bread or Alternate Milk Other foods	Beef Stroganoff over Wheat Noodles Lima Beans or Black-Eye Peas Pineapple Tidbits c Skim/Fat Free Milk Water	++ Red Beans (NO Ham) over Brown Rice Green Beans Fruit Medley Skim/Fat Free Milk Water	Soft Taco w/Ground Beef & Cheese Whole Kernel Corn Pear Half Skim/Fat Free Milk Water	++ Pimento & Cheese or Egg Salad Sandwich on Wheat Bread Vegetable Soup(with extra veggies) Coleslaw c Skim/Fat Free Milk Water	Chili over Cornbread Mustard ca , Turnip Greens ca 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 Carrots a with Low Fat Ranch Dip Whole Grain Crackers Water	Mandarin Orange Segments ca Wheat Thin Crackers Water	Peanut Butter on Whole Grain Crackers Water	Peach Half a Trail Mix Water	Banana Half Vanilla Wafers 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 w/Peanut Butter Water	Vanilla Wafers or Animal Crackers Grape Juice Water	Cheese Crackers Apple Juice Water	Oatmeal Cookie Grape Juice Water	Cheese Crackers Pineapple Juice c Water

MENU- PLANNING WORKSHEET

Lower Cost Early Education Suggested Menu

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 Must have 2 ½ - 4 hours between meals/snacks	Monday ca	Tuesday ccca	Wednesday ca	Thursday ca	Friday cc
Breakfast Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods	Applesauce Bran or Whole Grain Dry Cereal Water	Bran or Assorted Muffin Skim/Fat Free Milk Water	Cinnamon or Cheese Toast Skim/Fat Free Milk Water	Apple Slices Bran or Banana Muffin Water	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 Thigh on Wheat Bun Baked Sweet Potato or Wedges- ca Broccoli- ca or Cabbage Slaw- c Skim/Fat Free Milk Water	Meat Balls over Brown Rice or Ground Beef over Wheat Noodles Green Beans Sliced Peaches- a 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/Crackers or Salmon/Tuna Pattie w/ Wheat Bread/Crackers Corn & Black Bean Salad Banana Half 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 Cheese Slice or Stick Whole Grain Crackers Water	½ Banana Graham Crackers Water	Whole Grain Dry Cereal Skim/Fat Free Milk Water	Peanut Butter 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 Grape Juice Water	Vanilla Wafers or Animal Crackers Pineapple Juice- c Water	Cheese Crackers Orange Juice- c Water	Oatmeal Cookie Grape Juice Water	GoldFish or Cheese Crackers Pineapple Juice- c Water

MENU- PLANNING WORKSHEET

Lower Cost Early Education Suggested Menu

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 Snack Time Served (7 or 7:30 AM) (Select two out of 4 food groups) Fruit Cereal or Bread Alternate Meat or Meat Alternate Milk or Dairy Food Other foods	Orange Wedges- c Oatmeal or Grits Water	Bran or Whole Grain Dry Cereal Skim/Fat Free Milk Water	Banana Half Waffle or Pancake w/ Powdered Sugar Water	Bran or Assorted Muffin Skim/Fat Free Milk Water	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	BBQor 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 Brown Rice Succotash or Black-eye Peas Carrot Coins- 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 Fat Free/Skim Milk Water	Spicy Cereal Mix 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 w/Peanut Butter 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