

# Child Menu Planner

Dates:						Name of Site:														
Meal & Snack Pattern as Required By USDA	Date:	Serving Size for ages:				Date:	Serving Size for ages:				Date:	Serving Size for ages:				Date:	Serving Size for ages:			
	Monday	1-2	3-5	6-12	13-18 <sup>1</sup>	Tuesday	1-2	3-5	6-12	13-18 <sup>1</sup>	Wednesday	1-2	3-5	6-12	13-18 <sup>1</sup>	Thursday	1-2	3-5	6-12	13-18 <sup>1</sup>
Breakfast: Milk Whole age 1 1% or nonfat 2yr+ <sup>2</sup>																				
Fruit or Vegetable <sup>3</sup>																				
Grain/Bread <sup>4,5,6,7</sup>																				
Meat/Meat Alternate <sup>5,8</sup>																				
Other Foods Extra to Meal Pattern																				
AM Snack Any two: Milk Whole age 1 1% or nonfat 2yr+ <sup>2</sup>																				
Fruit or Vegetable <sup>3</sup>																				
Vegetable <sup>3</sup>																				
Grain/Bread <sup>4</sup>																				
Meat/Meat Alternate <sup>8</sup>																				
Other Foods Extra to Meal Pattern																				
Lunch: Milk Whole age 1 1% or nonfat 2yr+ <sup>2</sup>																				
Fruit or Vegetable <sup>3</sup>																				
Vegetable <sup>3</sup>																				
Grain/Bread <sup>4</sup>																				
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	Friday				1-2	3-5	6-12	13-18 <sup>1</sup>	Saturday				1-2	3-5	6-12	13-18 <sup>1</sup>	Sunday				1-2	3-5	6-12
Breakfast:																							
Milk Whole age 1 1% or nonfat 2yr+ <sup>2</sup>																							
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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. Grain-based desserts do not count towards meeting the grains requirement.
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 sugars per 6 ounces.