

Prospective Contractor Menu Planning Worksheet

Week # 1	Breakfast	Food Item	*Serving Size Information for different age groups:			Lunch	Food Item	*Serving Size Information for different age groups:			Snack	Food Item	*Serving Size Information for different age groups:		
			1 & 2	3 to 5	6 to 21			1 & 2	3 to 5	6 to 21			1 & 2	3 to 5	6 to 21
Monday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	broccoli mash	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Pears	1/4 cup	1/2 cup	1/2 cup	Veg/frt	cauliflower mash	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd	rice	1/4 cup	1/4 cup	1/2 cup	Grain/brd	pretzel	1/2 oz	1/2 oz	1 oz
		waffle	1/4 slice	1/4 slice	1/2 slice	Meat/mt alt	grilled chicken	1 oz	1.5 oz	2 oz	Meat/mt alt	yogurt	2 oz	2 oz	4 oz
Tuesday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	apple sauce	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	peas	1/8 cup	1/4 cup	3/8 cup		Pears	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	Pizza	1/2	3/4	1	Grain/brd	gold fish	1/4 cup	1/4 cup	1/2 cup
		pancake	1/2 pack	1/2 pack	1 pack	Meat/mt alt					Meat/mt alt				
Wednesday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	baked sweet potato fries	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		orange slices	1/4 cup	1/2 cup	1/2 cup	Veg/frt	green beans	1/8 cup	1/4 cup	3/8 cup		strawberries	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	Whole-grain cereal	1/4 cup	1/3 cup	3/4 cup	Grain/brd	cooked pasta	1/4 cup	1/4 cup	1/2 cup	Grain/brd	wheat crackers	3	3	5
						Meat/mt alt	cheese	1 oz	1.5 oz	2 oz	Meat/mt alt	cheese	1/4oz	1/4oz	1/2oz
Thursday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	carrots	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		strawberries	1/4 cup	1/2 cup	1/2 cup	Veg/frt	pear	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd	Whole-grain English muffin toasted	1/2	1/2	1	Grain/brd	whole grain toast	1/2 slice	1/2 slice	1 slice	Grain/brd	Whole-grain cereal	1/4 cup	1/3 cup	3/4 cup
						Meat/mt alt	hard boiled egg	1/2 egg	3/4 egg	1 egg	Meat/mt alt	cheese cubes	1/2 oz	1/2 oz	1 oz
Friday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	steamed spinach	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	mashed potato	1/8 cup	1/4 cup	3/8 cup		pineapple	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	quesadilla	1/2 shell	1/2 shell	1shell	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
		cooked oatmeal	1/4 cup	1/4 cup	1/2 cup	Meat/mt alt	chicken and cheese	1 oz	1.5 oz	2 oz	Meat/mt alt				
Saturday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Pears	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Pineapple	1/4 cup	1/2 cup	1/2 cup	Veg/frt	sliced banana	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd	whole grain sandwich	1/2	1/2	1	Grain/brd	whole-grain English muffin,	1/2	1/2	1
		Cinnamon toast	1/2 slice	1/2 slice	1 slice	Meat/mt alt	turkey	1 oz	1.5 oz	2 oz	Meat/mt alt	Yogurt	2oz	2oz	4oz

*Serving size information means the amount of food required by cups, ounces, and individual pieces of a food item. A copy of a CN Label or Manufacturer's Analysis must be attached if a processed combination main dish item is indicated.