

### Prospective Contractor Menu Planning Worksheet

Week # 2	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	pineapple	1/4 cup	1/2 cup	1/2 cup	Veg/frt	apple/peppers	1/8cup each	1/4cup each	3/8cup each	Veg/frt/jc				
	Grain/brd	French toast sticks	1 1/2	1 1/2	3	Veg/frt	tomato sauce	2 tsp	4 tsp	8 tsp	Grain/brd	Cinnamon toast	1/2 slice	1/2 slice	1 slice
						Grain/brd	English muffin pizza	1/2	1/2	1	Meat/mt alt	cheese	1/2 oz	1/2 oz	1 oz
						Meat/mt alt	cheese	1 oz	1.5 oz	2 oz					
Tuesday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	carrots	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc	strawberries	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	cooked oatmeal	1/4 cup	1/4 cup	1/2 cup	Grain/brd	Dinner roll	1/2	1/2	1	Grain/brd	wheat crackers	3	3	5
						Meat/mt alt	Chicken Nuggets	3	4	5	Meat/mt alt	shredded cheese	1/2 oz	1/2 oz	1 oz
Wednesday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Pears	1/4 cup	1/2 cup	1/2 cup	Veg/frt	peppers (mix w/ egg)	1/8 cup	1/8 cup	1/8 cup	Veg/frt/jc	slice banana	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	whole grain toast	1/2 slice	1/2 slice	1 slice	Grain/brd				
						Meat/mt alt	scrambled eggs	1/2 egg	3/4 egg	1 egg	Meat/mt alt	Yogurt	2oz	2oz	4oz
Thursday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	broccoli mash	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
	Grain/brd	whole-grain English muffin toasted	1/2	1/2	1	Veg/frt	cauliflower mash	1/8 cup	1/4 cup	3/8 cup	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
						Meat/mt alt	shredded chicken & cheese	1/2 oz each	3/4 oz each	1 oz each	Meat/mt alt	yogurt	2 oz	2 oz	4 oz
Friday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Pineapple	1/4 cup	1/2 cup	1/2 cup	Veg/frt	oranges	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc	juice	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	Cinnamon toast	1/2 Slice	1/2 Slice	1 slice	Veg/frt	green beans	1/8 cup	1/4 cup	3/8 cup	Grain/brd	goldfish	1/4 cup	1/4cup	1/2 cup
						Grain/brd					Meat/mt alt				
						Meat/mt alt	Pancake wrap/yogurt	1	1 and 3oz	1 and 4oz					
Saturday	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Oranges	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Spinach	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc	Pineapple	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Veg/frt	apple sauce	1/8 cup	1/4 cup	3/8 cup	Grain/brd				
						Grain/brd	whole grain sandwich	1/2	1/2	1	Meat/mt alt	cheese cubes	1/2 oz	1/2 oz	1 oz
						Meat/mt alt	ham	1 oz	1.5 oz	2 oz					

\*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.