

### Prospective Contractor Menu Planning Worksheet

Week # 3	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
<b>Monday</b>	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				
		Pears	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Sweet potato fries	1/8 cup	1/4 cup	3/8 cup		Oranges	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	Dinner roll	1/2	1/2	1	Grain/brd	pretzel	1/2 oz	1/2 oz	3/4 oz
		Eggs	1/2	3/4	1	Meat/mt alt	Chicken Nuggets	2.5	4	5	Meat/mt alt				
<b>Tuesday</b>	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Peas & carrots	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Bananas	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Mashed potatoe	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd					Grain/brd	Goldfish	1/4 cup	1/4 cup	1/2 cup
		Cinnamon toast	1/2 slice	1/2 slice	1 slice	Meat/mt alt	Corn Dog	3	5	6	Meat/mt alt	Cheese Cubes	1/2 oz	1/2 oz	1 oz
<b>Wednesday</b>	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Pickle	3/4	1 1/2	2 1/4	Veg/frt/jc				
		Strawberries	1/4 cup	1/2 cup	1/2 cup	Veg/frt	tomato soup slice tomato	1/4 cup 1/2	1/2 cup 1 slice	3/4 cup 1.5 slices		Peach	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	Pancakes with out syrup	1/2 pack	1/2 pack	1 pack	Grain/brd	Whole wheat grilled	1/2	1/2	1	Grain/brd				
					Meat/mt alt	Cheese	1 oz	1.5 oz	2 oz	Meat/mt alt	Yogurt	2 oz	2 oz	4 oz	
<b>Thursday</b>	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Green Beans	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Pineapple	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Tomato Sauce	2 tbsp	4 tbsp	6 tbsp		juice	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	Pasta	1/4 cup	1/4 cup	1/2 cup	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
		English Muffin	1/2	1/2	1	Meat/mt alt	Meatloaf	1/2	3/4	1	Meat/mt alt				
<b>Friday</b>	Milk		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Oranges	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Apple Sauce	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Spinach	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd	Whole Grain Cereal	1/4 cup	1/3 cup	3/4 cup	Grain/brd	Pizza	1/2	3/4	1	Grain/brd	English Muffin	1/2	1/2	1
					Meat/mt alt					Meat/mt alt	Cheese cube	1/2 oz	1/2oz	1oz	
<b>Saturday</b>	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 sause	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Peach	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Peas	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd	Waffles with out syrup	1/4 slice	1/4 slice	1/2 slice	Grain/brd	Whole wheat toast	1/2	1/2	1	Grain/brd	Cinnamon Toast	1/2	1/2	1
					Meat/mt alt	Hard Boiled Eggs	1/2	3/4	1	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.