

### Prospective Contractor Menu Planning Worksheet

Week # 4	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	apple sause	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Peas	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
						Veg/frt	Carrots	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	Wheat dinner rolls	1/2	1/2	1	Grain/brd	Pretzel	1/2 oz	1/2 oz	1 oz
					Meat/mt alt	Meatloaf	1/2	3/4	1	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	Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Pears	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
						Veg/frt	Sweet Potatoe fries	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd					Grain/brd	Gold Fish	1/4 cup	1/4 cup	1/2 cup
	Cooked Oatmeal	1/4 cup	1/4 cup	1/2 cup	Meat/mt alt	Corndog	3	5	6	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	Bananas	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				
						Veg/frt	Cauliflower Mash	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd	whole-grain English muffin, toasted	1/2	1/2	1	Grain/brd	Rice	1/4 cup	1/4 cup	1/2 cup	Grain/brd	wheat crackers	3	3	5
					Meat/mt alt	Grilled Chicken	1 oz	1.5 oz	2 oz	Meat/mt alt	cheese cube	1/2oz	1/2oz	1oz	
Thursday	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	Green Beans	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
						Veg/frt	Sliced Banana	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd	French toast sticks	2 sticks	2 sticks	4 sticks	Grain/brd	Whole grain sandwich	1/2	1/2	1	Grain/brd				
					Meat/mt alt	Turkey	1 oz	1.5 oz	2 oz	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	apple sause	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Green Beans	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
						Veg/frt	Strawberries	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd	Cheese Pizza	1/2	3/4	1	Grain/brd	Whole-Grain Cereal	1/4 cup	1/3 cup	3/4 cup
	Eggs	1/2	3/4	1	Meat/mt alt					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	Pineapple	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Bananas	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
						Veg/frt	Peaches	1/8 cup	1/4 cup	3/8 cup					
	Grain/brd					Grain/brd	Fish Sticks	2	3	4	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
	Cinnamon Toast	1/2 Slice	1/2 slice	1 slice	Meat/mt alt					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.