

Prospective Contractor Menu Planning Worksheet

Week # 5	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	Pears	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Apple sause	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Carrots	1/8 cup	1/4 cup	3/8 cup		Peaches	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd					Grain/brd	Whole-grain cereal	1/4 cup	1/3 cup	3/4 cup
		Waffle	1/4 slice	1/4 slice	1/2 slice	Meat/mt alt	Corn Dogs	3	5	6	Meat/mt alt				
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 sause/peppers	1/8cup each	1/4cup each	3/8cup each	Veg/frt/jc				
		Strawberries	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Tomato Sauce	2 tsp	4 tsp	8 tsp	Grain/brd	wheat crackers	3	3	5
	Grain/brd					Grain/brd	English muffin pizza	1/2	1/2	1	Meat/mt alt	cheese cube	1/2 oz	1/2 oz	1 oz
		Cooked Oatmeal	1/4 cup	1/4 cup	1/2 cup	Meat/mt alt	cheese	1 oz	1.5 oz	2 oz					
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	Peas & carrots	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Banana	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Mashed potatoe (bowl)	1/8 cup	1/4 cup	3/8 cup	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
	Grain/brd					Grain/brd	Whole Wheat Roll	1/2	1/2	1	Meat/mt alt	Cheese cubes	1/2 oz	1/2 oz	1 oz
		Pancake	1/2 pack	1/2 pack	1 pack	Meat/mt alt	Meatloaf	1/2	3/4	1					
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	Pineapple	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Oranges	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Sweet potato fries	1/8 cup	1/4 cup	3/8 cup	Grain/brd	Dinner roll	1/2	1/2	1
	Grain/brd					Grain/brd					Meat/mt alt				
		Eggs	1/2 egg	3/4 egg	1 egg	Meat/mt alt	Fish Sticks	2	3	4					
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				
		Banana	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Mashed Potatoes	1/8 cup	1/4 cup	3/8 cup	Grain/brd	Apple sause	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	Quesadilla	1/2 shell	1/2 shell	1 shell	Meat/mt alt	Pretzel	1/2 oz	1/2 oz	1 oz
		Cinnioman toast	1/2 slice	1/2 slice	1 slice	Meat/mt alt	Chicken and Cheese	1 oz	1.5 oz	2 oz					
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	Peaches	1/8 cup	1/4 cup	3/8 cup	Veg/frt/jc				
		Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Green beans	1/8 cup	1/4 cup	3/8 cup	Grain/brd	Juice	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd					Grain/brd	Gold Fish	1/4 cup	1/4 cup	1/2 cup
		Whole-grain cereal	1/4 cup	1/3 cup	3/4 cup	Meat/mt alt	Pancake wrap/yogurt	1	1 and 3oz	1 and 4oz	Meat/mt alt				

*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.