

# At-Risk Meal Planning Guide

Week of: \_\_\_\_\_

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

| Meal Component                                    | Min. Serving Size   |  |  | Day of Week |         |           |          |        |
|---|---------------------|--|--|-------------|---------|-----------|----------|--------|
|   | Ages 1-2            | Ages 3-5                               | Ages 6-12                              | Monday      | Tuesday | Wednesday | Thursday | Friday |
| <b>Supper</b>                                     |                     |  |  |             |         |           |          |        |
| Fluid Milk*                                       | ½ c.<br>(4 fl. oz.) | ¾ c.<br>(6 fl. oz.)                    | 1 c.<br>(8 fl. oz.)                    |             |         |           |          |        |
| Bread/Alternate                                   | ½ slice,<br>or ¼ c. | ½ slice,<br>⅓ c. dry, or<br>¼ c cooked | 1 slice,<br>¾ c. dry, or<br>½ c cooked |             |         |           |          |        |
| Meat/Alternate                                    | 1 oz.**             | 1-½ oz. **                             | 2 oz. **                               |             |         |           |          |        |
| Fruit/Vegetable                                   | ¼ c.<br>total       | ½ c.<br>total                          | ¾ c.<br>total                          |             |         |           |          |        |
| Fruit/Vegetable                                   |                     |  |  |             |         |           |          |        |
| Other (optional)                                  |                     |  |  |             |         |           |          |        |
| <b>Snack – Must contain 2 of the 4 components</b> |                     |  |  |             |         |           |          |        |
| Fluid Milk*                                       | ½ c.<br>(4 fl. oz.) | ½ c.<br>(4 fl. oz.)                    | 1 c.<br>(8 fl. oz.)                    |             |         |           |          |        |
| Bread/Alternate                                   | ½ slice,<br>or ¼ c. | ½ slice,<br>⅓ c. dry, or<br>¼ c cooked | 1 slice,<br>¾ c. dry, or<br>½ c cooked |             |         |           |          |        |
| Meat/Alternate                                    | ½ oz. **            | ½ oz. **                               | 1 oz. **                               |             |         |           |          |        |
| Fruit/Vegetable                                   | ½ c.                | ½ c.                                   | ¾ c.                                   |             |         |           |          |        |
| Other (optional)                                  |                     |  |  |             |         |           |          |        |

\* Specify the type(s) of milk served. Serve only whole milk to children between the ages of 1 and 2. Serve only low-fat or fat-free milk to children ages 2 and older.

\*\* Ounce equivalents for meats/alternates: meat and cheese, 1 oz = 1 oz; eggs, ½ egg = 1 oz (except for snack, when all ages should get ½ egg); cooked beans/peas, ¼ cup = 1 oz; peanut/nut/seed butters, 2 tbsp = 1 oz; nuts/seeds, 1 oz = 1 oz (nuts/seeds may provide no more than half of the requirement at lunch/supper); yogurt, 4 oz (1/2 cup) = 1 oz