

Child Menu Planning Guide

Week of: Week 1

Name of Provider: I am Healthy, I am Happy CDC

Phone Number:

Meal Component	Min. Serving Size by Age Group			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Cheerios® cereal	Oatmeal with cinnamon	Plain waffle	Life® cereal	Hens on the Nest (with whole wheat English muffin)
Fruit/Vegetable	¼ c.	½ c.	½ c.	Banana slices	Orange sections	Strawberries (fresh or frozen)	Plum slices	Apple juice
Other (optional)						Peanut butter, butter and/or soft margarine		Hens on the Nest (eggs and cheese)
Lunch/Supper								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Hamburger bun	Bulgur (cracked wheat)	Whole wheat spaghetti	Brown rice	Whole wheat roll
Meat/Alternate	1 oz.*	1-½ oz.*	2 oz.*	Turkey Patties	Oven-Bake Chicken	Meat sauce with ground turkey	Pork Stir-Fry with Vegetables	Chicken Vegetable soup String cheese
Vegetable	¼ c. total	½ c. total	¾ c. total	Baked sweet potato spears	Steamed broccoli	Romaine lettuce salad	Pork Stir-Fry with Vegetables	Chicken Vegetable soup
Fruit				Fruit cocktail	Peaches (fresh, frozen or canned)	Diced cantaloupe	Pears (fresh or canned)	Nectarine slices
Other (optional)				Ketchup, mustard, lettuce, tomato slices		Parmesan cheese, salad dressing		
PM Snack – Must contain 2 of the 4 components								
Fluid Milk	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)			Whole milk** Fat-free milk*		Whole milk** Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Mini Pizza (with whole wheat English muffin)		Original (plain) graham crackers		Oatmeal-Raisin Cookie
Meat/Alternate	½ oz.*	½ oz.*	1 oz.*	Mini Pizza (with part- skim mozzarella)	Low-fat vanilla yogurt		Cottage cheese	
Fruit/Vegetable	¼ c.	½ c.	¾ c.		Apple slices		Pineapple (fresh, frozen or canned)	
Other (optional)				Water	Water		Water	

* 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

Child Menu Planning Guide

Week of: Week 2

Name of Provider: I am Healthy, I am Happy CDC

Phone Number:

Meal Component	Min. Serving Size by Age Group			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Quaker Oatmeal Squares® cereal	Whole wheat English muffin, toasted	Wheat Chex® cereal	Honey Nut Cheerios®	Pancake
Fruit/Vegetable	¼ c.	½ c.	½ c.	Orange sections	Grape juice	Pear slices (<i>fresh or canned</i>)	Strawberries (<i>fresh or frozen</i>)	Blueberries (<i>fresh or frozen</i>)
Other (optional)					Scrambled eggs			Turkey sausage, soft margarine or butter
Lunch/Supper								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Perfect Combread	Grilled Cheese on Whole Wheat Bread	Chicken and Noodles	Brown rice	Chicken Barbeque Sandwich (<i>on whole wheat bun</i>)
Meat/Alternate	1 oz.*	1-½ oz.*	2 oz.*	Vegetable Chili	Grilled Cheese on Whole Wheat Bread	Chicken and Noodles	Seafood Creole	Chicken Barbeque Sandwich
Vegetable	¼ c. total	½ c. total	¾ c. total	Vegetable Chili	Tomato soup	Baked butternut squash	Seafood Creole	Collard greens
Fruit				Apricots (<i>fresh or canned</i>)	Diced honeydew melon	Kiwi slices	Peach slices (<i>fresh, frozen or canned</i>)	Apple slices
Other (optional)								
PM Snack – Must contain 2 of the 4 components								
Fluid Milk	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)			Whole milk* Fat-free milk*		
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Whole grain crackers	Whole wheat pita wedges			Whole grain crackers
Meat/Alternate	½ oz.*	½ oz.*	1 oz.*		Hummus Dip		Cottage Cheese Dip	Cheese cubes
Fruit/Vegetable	¼ c.	½ c.	¾ c.	Raw broccoli trees		Orange-Pineapple Gelatin	Cucumber coins and carrot sticks	
Other (optional)				Cucumber Yogurt Dip Water	Water		Water	Water

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Child Menu Planning Guide

Week of: Week 3

Name of Provider: I am Healthy, I am Happy CDC

Phone Number:

Meal Component	Min. Serving Size by Age Group			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Whole-Grain Cream of Wheat cereal	Oatmeal with cinnamon	Baked French Toast Strips	Cinnamon raisin mini- bagel	Honey Bunches of Oats® cereal
Fruit/Vegetable	¼ c.	½ c.	½ c.	Peach slices (<i>fresh, frozen or canned</i>)	Banana slices	Maple Applesauce Topping Orange juice	Pineapple (<i>fresh, frozen or canned</i>)	Diced honeydew melon
Other (optional)							Peanut butter, butter and/or soft margarine	
Lunch/Supper								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Macaroni and Cheese with Ham (<i>with whole wheat macaroni</i>)	Black bean & cheese quesadilla (<i>on a whole corn tortilla</i>)	Chicken Pita Sandwich (<i>on whole wheat pita pocket</i>)	Baked Ziti with Cheese (<i>whole wheat pasta</i>)	Brown rice
Meat/Alternate	1 oz.*	1-½ oz.*	2 oz.*	Macaroni and Cheese with Ham	Black bean & cheese quesadilla	Chicken Pita Sandwich	Baked Ziti with Cheese	Stir-Fry Chicken with Vegetables
Vegetable	¼ c. total	½ c. total	¾ c. total	Kale	Steamed cauliflower	Green beans	Sugar snap peas	Stir-Fry Chicken with Vegetables
Fruit				Tangerines	Pear slices (<i>fresh or canned</i>)	Fruit cocktail	Clementines	Apple slices
Other (optional)					Salsa			
PM Snack – Must contain 2 of the 4 components								
Fluid Milk	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)			Whole milk* Fat-free milk*		Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked			Frosted Mini-Wheats® Original Bite Size cereal	Ham sandwich on whole wheat bread	Pumpkin Bread
Meat/Alternate	½ oz.*	½ oz.*	1 oz.*	Black Bean Dip	Hard-boiled egg		Ham sandwich on whole wheat bread	
Fruit/Vegetable	¼ c.	½ c.	¾ c.	Bell pepper strips	Carrot sticks			
Other (optional)				Water	Cool Creamy Vegetable Dip Water		Water	

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Child Menu Planning Guide

Week of: Week 4

Name of Provider: I am Healthy, I am Happy CDC

Phone Number:

Meal Component	Min. Serving Size by Age Group			Day of Week				
	Ages 1-2	Ages 3-5	Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Honey Kix® cereal	Blueberry Muffin Square	Wheaties® cereal	Whole wheat toast	Quaker Instant Grits®
Fruit/Vegetable	¼ c.	½ c.	½ c.	Strawberries (fresh or frozen)	Pear slices (fresh or canned)	Kiwi slices	Banana slices	Grapefruit sections
Other (optional)							Peanut butter, butter and/or soft margarine	Scrambled eggs
Lunch/Supper								
Fluid Milk	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*	Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked	Mexican Pizza	Brown rice	Meat Lasagna	Meat Loaf (made with rolled oats)	Whole wheat bread or buns
Meat/Alternate	1 oz.*	1-½ oz.*	2 oz.*	Mexican Pizza	Curry Chicken	Meat Lasagna	Meat Loaf	Tuna Patties
Vegetable	¼ c. total	½ c. total	¾ c. total	Mexicali Corn	Oven Baked Potato Wedges	Sautéed spinach	Volcano Potato (mashed sweet potato)	Brussels sprouts
Fruit				Apricots (fresh or canned)	Pineapple (fresh, frozen or canned)	Applesauce	Peach slices (fresh, frozen or canned)	Watermelon cubes
Other (optional)								
PM Snack – Must contain 2 of the 4 components								
Fluid Milk	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)		Whole milk* Fat-free milk*			Whole milk* Fat-free milk*
Bread/Alternate	½ slice, or ¼ c.	½ slice, ⅓ c. dry, or ¼ c. cooked	1 slice, ¾ c. dry, or ½ c. cooked			Turkey sandwich on whole wheat bread		Original (plain) graham crackers
Meat/Alternate	½ oz.*	½ oz.*	1 oz.*	Perfect Peanut Butter Dip		Turkey sandwich on whole wheat bread	Low-fat vanilla yogurt	
Fruit/Vegetable	¼ c.	½ c.	¾ c.	Apple slices	Sunny Carrot Salad		Mixed berries (fresh or frozen)	
Other (optional)				Water		Water	Water	

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