

# Child 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>Breakfast</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
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					
Fruit/Vegetable	¼ c.	½ c.	½ c.					
Other (optional)								
<b>Lunch/Supper</b>								
Fluid Milk*	½ c. (4 fl. oz.)	¾ c. (6 fl. oz.)	1 c. (8 fl. oz.)					
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					
Meat/Alternate	1 oz.**	1-½ oz. **	2 oz. **					
Fruit/Vegetable	¼ c. total	½ c. total	¾ c. total					
Fruit/Vegetable								
Other (optional)								
<b>Snack – Must contain 2 of the 4 components</b>								
Fluid Milk*	½ c. (4 fl. oz.)	½ c. (4 fl. oz.)	1 c. (8 fl. oz.)					
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					
Meat/Alternate	½ oz. **	½ oz. **	1 oz. **					
Fruit/Vegetable	¼ 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