

Child Menu Planner

Dates: Week 1 Approved Menu

Name of Site: KIDZ KIDZ KIDZ PRESCHOOL & EARLY DEVELOPMENT CENTER

Meal & Snack Pattern as Required By USDA	Serving Size for ages:				Serving Size for ages:				Serving Size for ages:				Serving Size for ages:							
	Monday	1-2	3-5	6-12	Tuesday	1-2	3-5	6-12	Wednesday	1-2	3-5	6-12	Thursday	1-2	3-5	6-12	Friday	1-2	3-5	6-12
Breakfast Milk	Milk (1%) /Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) /Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) /Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) /Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) /Whole 1-2 yr. olds	1/2c	3/4c	1c
Fruit/Vegetable	Orange Slices	1/4c	1/2c	1/2c	Apple Slices	1/4c	1/2c	1/2c	Peaches	1/4c	1/2c	1/2c	*Bananas	1/4c	1/2c	1/2c	Apple Sauce	1/4c	1/2c	1/2c
Grain/Bread	Cereal	1/4c	1/3c	3/4c	Cereal	1/4c	1/3c	3/4c	Cereal	1/4c	1/3c	3/4c	Cereal	1/4c	1/3c	3/4c	Cheerios	1/4c	1/3c	3/4c
Other Foods Extra to Meal Pattern																				
Lunch Meat/Meat Alternate	*Ravioli – 4 pieces (1/2 cup) Shredded cheese	1/2c	1/2c	1c	Grilled Cheese Sandwich – each sandwich has 2 oz. cheese	1 bread 2 slices cheese	2 bread 2 1/2 slices cheese	2 bread 4 slices cheese	Bean & cheese burritos	1/2 tortilla 1/8 c beans 1/8 c. shred cheese	1 tortilla 1/4 c beans 1/4 c. shred cheese	1 tortilla 1/4 c beans 1/4 c. shred cheese	Ham & Cheese Rolls-Up (Each Roll-2oz. cheese)	1/2 roll up	3/4 Roll up	1 roll-up	Turkey Franks 1=2oz.	1/2	3/4	1
Vegetable/Fruits	Peaches	1/8c	1/4c	1/2c	Tater Tots	1/8c	1/4c	1/2c	Pineapple	1/8c	1/4c	1/2c	Mixed veggies	1/8c	1/4c	1/2c	Carrot sticks	1/8c	1/4c	1/2c
Vegetable/Fruits	Shredded Lettuce Salad	1/8c	1/4c	1/2c	Corn	1/8c	1/4c	1/2c	Green Beans	1/8c	1/4c	1/2c	Mandarin oranges	1/8c	1/4c	1/2c	Pears	1/8c	1/4c	1/2c
Grain/Bread					(in grilled cheese)				(in burrito)				Ritz Crackers	2	2	5	*Bun 0.9 oz	1/2	1/2	1
Milk	Milk (1%) / Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) / Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) / Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) / Whole 1-2 yr. olds	1/2c	3/4c	1c	Milk (1%) / Whole 1-2 yr. olds	1/2c	3/4c	1c
Other Foods Extra to Meal Pattern	Ranch																Ketchup			
PM Snack – Any two Milk																				
Fruit/Vegetable	100% Juice or milk	1/2c	1/2c	1c	100% Juice or milk	1/2c	1/2c	1c	100% Juice or milk	1/2c	1/2c	1c	100% Juice or milk	1/2c	1/2c	1c	100% Juice or milk	1/2c	1/2c	1c
Grain/Bread	Graham Crackers	1 full	1 full	2 full	Cheez Its	10	10	20	Wheat Thins	8	8	10	Animal Crackers	6	6	12	Saltine Crackers	4	4	8
Meat/Meat Alternate																				
Other Foods Extra to Meal Pattern	Water				Water				Water				Water				Water			

These items need a CN label or Manufacturer product analysis, to show how many oz. meat/meat alternate they provide.