

Child Menu Planner

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

Dates Week 2

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 Milk for 1-2 yr. olds	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1
Fruit/Vegetable	Banana Slices	¼ c	½ c	½ c	Oranges	¼ c	½ c	½ c	Apple Sauce	¼ c	½ c	½ c	Apple Slices	¼ c	½ c	½ c	Mixed fruit	¼ c	½ c	½ c
Grain/Bread	Cereal	¼ c	1/3c	3/4c	Cereal	¼c	1/3c	3/4c	Cereal	1/4c	1/3 c	3/4c	Cereal	1/4 c	1/3 c	3/4c	Cereal	1/4 c	1/3 c	3/4c
Other Foods Extra to Meal Pattern																				
Lunch Meat/Meat Alternate	Bean & Cheese Quesadillas	½ tortilla 1/8c cheese 1/8c Bean	1 tortilla 1/4c cheese 1/4c. Bean	1 tortilla 1/4c cheese 1/4c bean	Pancakes Turkey Sausage links	1 link	2 links	2 link	Mini Corn Dogs	3	5	6	Grilled Cheese sandwich	1/2	1	1	Chicken Nuggets	2	3	5
Vegetable/Fruits	*Chopped Tomatoes	1/8c	1/4c	1/2c	Apples	1/8c	1/4c	1/2c	Tropical Fruit	1/8c	1/4 c	1/2c	Green beans	1/8 c	1/4 c	1/2c	Pineapple	1/8	1/4	1/2
Vegetable/Fruits	Apple sauce	1/8c	¼c	1/2c	Hashbrowns	1/2	1	1	Green Beans	1/8c	1/4 c	1/2c	Pears	1/8 c	1/4 c	1/2c	Corn	1/8 c	¼	½
Grain/Bread	Tortillas 1=1oz.	1/2	1/2	1	Pancakes	1	2	2	(Grain serving w/ corndog)				Whole wheat bread	½	1	1				
Milk	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1	1% & Whole Milk for 1-2 yrs	1/2	3/4	1
Other Foods Extra to Meal Pattern																				
PM Snack – Any two Milk																				
Fruit/Vegetable	100% Juice or milk 6-12=3/4 c juice 1c milk	1/2	1/2	¾ - 1c.	100% Juice or milk 6-12=3/4 c juice, 1c milk	1/2	1/2	¾ - 1c.	100% Juice or milk 6-12=3/4 c juice, 1c milk	1/2	½	¾ - 1c.	100% Juice or milk 6-12=3/4 c juice 1c milk	1/2	1/2	¾ - 1c.	100% Juice or milk 6-12=3/4 c juice, 1c milk	1/2	1/2	¾ - 1c.
Grain/Bread	Pretzels	6	6	12	Graham Crackers	1 full	1 full	2 full	Gold Fish crackers	12	12	24	Crackers	4	4	8	Nilla Wafers	4	4	8
Meat/Meat Alternate																				
Other Foods Extra to Meal Pattern	Water				Water				Water				Water				Water			

03-04-14 Need corrections: All entrees that are red need a CN label or manufacturer analysis faxed to our office. Thanks, Angela Goodrich