

## MENU- PLANNING WORKSHEET

**Week Of:** 1  
**Facility Name/License Number:**  
**Hours of Operation:**  
**Contact Person/Telephone Number:**  
**Licensing Official Name:**

**County:**

**Shows the vitamin sources for the day**

\* Denotes Foods High in Vitamin C – Need Vitamin C source daily  
 + Denotes Foods High in Vitamin A – Need Vitamin A source every other day or three times per week

Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast- Time: _____ Fruit Cereal or Bread/Alternate Milk	Orange Wedges* Blueberry Muffin Milk Water	Pears Oatmeal Milk Water	Mandarin Orange Segments* Raisin Toast Milk Water	Sliced Grapes Banana Muffin Milk Water	Orange Wedges* Corn Flakes Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Cheerios Milk Water	Saltine Crackers Fresh Orange Wedges* Water	½ Bagel Cream cheese Milk Water	Cantaloupe cubes Animal crackers Water	Ham and cheese tortilla roll-up Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Teriyaki Chicken on Brown Rice Stewed Okra & Tomatoes*+ Sliced Peaches+ Milk Water	Roasted Turkey Macaroni & Cheese Green Beans Pineapple Tidbits* Milk Water	BBQ Boneless Chicken Mustard Greens*+ Fruit Cocktail Roll Milk Water	Cheese Pizza Raw Broccoli*+ w/Low-fat Ranch dip Strawberries* Milk Water	Beef Patty in Gravy Mashed Potatoes Collard Greens*+ Pear Half Cornbread Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Granola Bar Sliced Apple Water	Wheat Thin Crackers Tomato Juice *+ Water	Vanilla Wafers Peanut Butter Water	Vanilla Yogurt Ice cream cone Water	Raw Carrots+ Saltine Crackers Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Soft Taco w/Ground Beef & Cheese Sliced Cucumber Low-fat Ranch dip Fresh Banana Half Milk Water	Meat Loaf Yellow Rice Black-eye Peas Carrot Salad+ Milk Water	Tuna Salad Sandwich on Wheat Bread Sliced Tomatoes*+ Tropical Fruit cup* Milk Water	Chicken Pot pie w/ extra chicken Green Beans Apple & Carrot Salad + Milk Water	Pimento & Cheese Sandwich on Wheat Bread Vegetable Soup w/ extra vegetables+ Peach Half+ Milk Water

## MENU- PLANNING WORKSHEET

**Week Of:** 2  
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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit Cereal or Bread/Alternate Milk	Pineapple Tidbits* Cinnamon Toast Milk Water	Grapefruit Segments* Buttered Grits Milk Water	Sliced Kiwi* Blueberry Muffin Milk Water	Sliced Grapes Biscuit with Ham Milk Water	Orange Wedges* Buttered toast Fruit Spread of choice Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Bran muffin Milk Water	Trail Mix Cubed Cantaloupe*+ Water	Cauliflower* Low fat Ranch Dip Veggie Crackers Water	Cheerios Milk	Crackers Sliced Apple Wedges Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Meat Sauce over Wheat Spaghetti Green Leaf lettuce+ Low fat dressing Pear Chunks Milk Water	Chicken Stir Fry w/Broccoli*+ Brown Rice Mandarin Orange Segments*+ Milk Water	Grilled Cheese on Wheat Bread Vegetable Soup w/ extra vegetables Peach Slices + Milk Water	Baked Chicken Tenders Whole Kernel Corn Brussel Sprouts*+ Roll Milk Water	Baked Ham Lima Beans Turnip Greens*+ Cornbread Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Sliced Apple Cheese nips Water	Graham Crackers Strawberry yogurt Water	Vanilla Wafers Banana half Water	Cottage Cheese Peaches+ Water	Animal crackers Grape Juice
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Baked chicken Cabbage Slaw* Banana Pudding w/ Bananas & Vanilla Wafers Milk Water	Sloppy Joe on Wheat Bun Cooked Carrots+ Tropical Fruit Blend* Milk Water	Boneless Pork Chop ½ Baked Sweet Potato* + Green Beans Cornbread Milk Water	Beef Stew w/Potatoes+ Peas and Carrots+ Crackers Milk Water	Roast beef Sandwich on Wheat Bread Sliced tomatoes*+ Fruit Cocktail Milk Water

## MENU- PLANNING WORKSHEET

**Week Of:** 3  
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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit Cereal or Bread/Alternate Milk	Orange Wedges* Oatmeal with brown sugar Milk Water	Sliced Strawberries* Kix cereal Milk Water	Sliced Grapes Waffle w/ Powdered sugar Milk Water	Apple wedge Strawberry Muffin Milk Water	Grapefruit segments* Cheese toast Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	½ English Muffin Fruit Spread of choice Applesauce Water	Banana Bread Milk	Peanut butter Ritz Crackers Water	Cantaloupe*+ cubes Cheez-Its Water	Granola Bar Milk
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Baked boneless Pork Chop Yellow rice Mixed vegetables+ Pineapple tidbits* Milk Water	Turkey Sandwich on Wheat bread Grape Tomatoes*+ (cut in half) Diced Peaches+ Milk Water	Lasagna Green Leaf lettuce salad+ Low fat dressing Tropical Fruit Blend* Milk Water	Cheese Pizza Raw Broccoli* w/Low-fat Ranch dip Mixed Fruit Milk Water	Hamburger on Whole Wheat bun Roasted Sweet Potatoes*+ Pear Half Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Graham crackers Milk	Trail mix Orange Juice*	Cheerios Milk	Strawberry Yogurt Ice cream cone Water	½ Banana Rice Cake Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Sloppy Joe on Bun Coleslaw* Pear Half Milk Water	Scrambled Eggs+ & cheese Sliced Red peppers*+ Fruit Cocktail Buttered Biscuit Milk Water	Chicken salad on croissant Cucumber and tomato salad Banana Half Milk Water	Black-eyed Peas Cooked carrots+ Peach Half+ Brown rice Milk Water	Grilled cheese Sandwich on Wheat Bread Baked tater tots Orange Slice* Milk Water

## MENU- PLANNING WORKSHEET

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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit Cereal or Bread/Alternate Milk	Orange Wedges* Cheese grits Milk Water	½ banana Rice Krispies Milk Water	Pineapple Tidbits* Raisin Toast Milk Water	Apple Slices Oatmeal Muffin Milk Water	Orange Wedges* ½ Bagel w/ Fruit Spread Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Graham Cracker Peanut Butter Water	Saltine Crackers Fresh Orange Wedges* Water	½ English Muffin Cream cheese Milk Water	Granola Bar ½ banana Water	Ham and cheese tortilla roll-up Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Spaghetti with Meat sauce Green Beans Sliced Peaches+ Milk Water	Red beans and Ham Brown Rice Cooked Carrots+ Baked Apples w/ cinnamon and Brown sugar Milk Water	Soft Taco w/ Ground Beef Chopped Green Leaf Lettuce and tomatoes*+ Pear Half Milk Water	Stir-Fry Chicken w/ Broccoli*+ & Carrots+ Mandarin Oranges*+ Rice Milk Water	Mac n Cheese Cabbage* Peach Half+ Cornbread muffin Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Ritz Crackers Cucumber slices Low fat Ranch dressing dip Water	Wheat Thin Crackers Tomato Juice *+ Water	Strawberry Go-gurt Goldfish Water	Vanilla Wafer Milk	Cheddar Cheese cubes Saltine Crackers Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Grilled chicken breast on Whole wheat bun Baked Red Potato pieces* Coleslaw* Milk Water	BBQ Beef Lima Beans Fruit Cocktail Roll Milk Water	Hot Ham and Cheddar Cheese Sandwich Baked Sweet Potato Fries Diced Cantaloupe*+ Milk Water	Chicken Spaghetti Green Beans Carrot Salad + Milk Water	Chicken Salad Pasta Salad w/ Diced Tomatoes*+ Sliced Grapes Milk Water

## MENU- PLANNING WORKSHEET

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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit Cereal or Bread/Alternate Milk	Applesauce Cheerios Milk Water	½ banana Bran Muffin Milk Water	Pineapple slice* Cheese toast Milk Water	Sliced Grapes Pancake with Powdered Sugar Milk Water	½ Banana Biscuit w/ Breakfast Ham Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Wheat thins String cheese Water	Saltine Crackers Fruit Cocktail Water	½ Bagel Cream cheese Milk Water	Blueberry Nutri-Grain Bar Milk	Trail Mix Strawberries* Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	BBQ Beef Sandwich Coleslaw* Sliced Peaches+ Milk Water	Baked non-breaded Chicken tenders Mac n cheese Green Beans Baked Apples w/ cinnamon and Brown Sugar Milk Water	Beef Ravioli Chopped Green Leaf Lettuce and tomatoes Mixed Fruit Milk Water	Chicken Salad in Pita Bread Carrots+ Tropical Fruit* Milk Water	Lasagna Mixed Vegetables+ Pear Half Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Rice Krispie Treat Grape juice	Wheat Thin Crackers Baby Carrots+ Water	Strawberry* Fruit Smoothie (Strawberries, Yogurt, Milk) Goldfish Water	Vanilla Wafer Milk	Cheerios Milk
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Cheese and ham pizza Whole kernel corn Diced pears Milk Water	Breakfast Burrito with Egg + and Cheese Seasoned diced potatoes* Fresh Orange Slices* Milk Water	Cheese Quesadilla Cooked Broccoli*+ Peach half+ Milk Water	Hamburger on Whole Wheat bread Baked Beans Diced Mangos *+ Milk Water	Turkey Sandwich on Whole Wheat bread Carrot+ and Raisin Salad Cubed Honeydew Melon*+ Milk Water

## MENU- PLANNING WORKSHEET

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Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast-Time: _____ Fruit Cereal or Bread/Alternate Milk	Grapefruit Segments* ½ English muffin toasted Milk Water	Sliced Strawberries* Rice Krispies Cereal Milk Water	Mandarin Orange Segments*+ Cheese Grits Milk Water	Sliced Grapes Banana Muffin Milk Water	Fresh Blueberries* Buttered Biscuit with Fruit Spread Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Animal Crackers Milk	Fresh Kiwi Slices* Ritz Crackers with Cream Cheese Water	Tortilla with Peanut Butter and Fruit Spread Water	Cantaloupe cubes*+ Animal crackers Water	Ham and string cheese roll-up Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Meatloaf Mashed potatoes with gravy Stewed Okra & Tomatoes*+ Tropical Fruit* Milk Water	Hot Roast Beef Sandwich on Hoagie Bun Lettuce and Tomato Pineapple Tidbits* Milk Water	Sliced Turkey Breast ½ Baked Sweet Potato*+ Turnip Greens*+ Roll Milk Water	Cheese Pizza Raw Broccoli*+ w/Low-fat Ranch dip Creamed Corn Milk Water	Baked Fish Green Leaf Salad+ with sliced Grape tomatoes Low fat Dressing Pear Salad Roll Milk Water
Snack-Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk	Rice Cake ½ banana Water	Oatmeal Cookie Milk	Vanilla Yogurt Ice cream cone Water	Goldfish Pineapple juice*	Raw Carrots+ Saltine Crackers Water
Lunch/Supper- Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk	Soft Taco w/Ground Beef & Cheese Black Beans Pears Milk Water	Scrambled Eggs+ with Cheese Biscuit Cooked apples with Brown Sugar and Cinnamon ½ Banana Milk Water	Loaded Baked Potato* with Cheese and cubed Ham Butter and sour cream Sliced Green Peppers* Diced Peaches+ Milk Water	Mac n Cheese Green Beans Mandarin Oranges*+ Cornbread Muffin Milk Water	Grilled Cheese Sandwich on Wheat Bread Vegetable Soup w/ extra vegetables+ Peach Half+ Milk Water