



Menu Planning for Child Care Centers

Week Of _____		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk					
	Vegetable					
	Fruit					
	Grain / Bread					
	Meat / Meat Alternate					
Lunch	Milk					
	Vegetable					
	Fruit					
	Grain / Bread					
	Meat / Meat Alternate					
Snack - 2 of the 4 components	Milk					
	Vegetable					
	Fruit					
	Grain / Bread					
	Meat / Meat Alternate					

 **Milk**
 1-2 years: Whole milk
 2+ years: Skim or 1%

 **Fruits / Vegetables**
Must be non-fried.
 Offer a variety of fruits and vegetables at every meal. This can include:


- Fresh or frozen fruits and vegetables
- Canned fruits in their natural juices
- Canned vegetables with low-sodium or no added salt

It is best to serve FRESH whenever possible.

Only 100% fruit/vegetable juice may be served and no more than 4 oz. (1/2 c.) per day.

 **Meat / Meat Alternates**
 Offer lean meats, such as lean beef/pork, skinless poultry, fish, etc. that are lower in sodium.
 Cooked beans, peas, nut butters, eggs and dairy also fall under this category.
 For dairy offerings, choose fat-free or low-fat yogurt and cheeses.

Processed meats (e.g., hot dogs, sausage, baloney) may only be served once per two-week cycle. It is highly recommended not serving at all.

 **Grains / breads**
 Whole grains are preferred for all grains.
 A whole grain product must be served at least once per day.
 Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may only be served once per two-week cycle as a snack. It is highly recommended not serving at all.