



Menu Planning Worksheet for Children

Small Wonders Child Care - Week of: _____

No. 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	(WG) Waffles Syrup Mixed fruits Milk	Muffins banana (WG) Muenster cheese slice Mandarins Milk	(WG) Bagels Cream cheese Pear Milk	(WG)Pancakes Syrup Mixed fruits Milk	Whole Bread Butter Yogurt Peach Milk
Lunch	(WG)Chicken Nuggets (CN) Ketchup Potatoes patty smile Green Beans Pineapples Milk	Beefaroni/Ground beef (WG) Macaroni <i>(See recipe list)</i> Peas & carrots Mixed Fruits Milk	Black Beans Beef teriyaki (CN) White rice Corn Peach Milk	Chicken Soup <i>(See recipe list)</i> Crackers Green Beans Fruit Cocktail Milk	Pizza w/Cheese Ham (CN) Mixed Vegetables Pineapple Milk
Snack	(WG)Cheese Crackers Mandarins Milk	Whole Bread Butter Milk	(WG) Crackers Ritz Apple Slices Milk	Cereal Honey Kix Milk	(WG) Bagels Cream cheese Apricot Milk

Note: Children age one receive unflavored whole milk, children ages 2 and older receive unflavored 1% milk