



## Menu Planning Worksheet for Children

Small Wonders Child Care - Week of: \_\_\_\_\_

No. 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	(WG) Waffles Syrup Apricot Milk	Scrambled eggs (WG) Bagels Cream Cheese Mandarins Milk	Cheerios Multi grain Yogurt Pear Milk	(WG) Pancakes Syrup Fruit cocktail Milk	Cereal Honey Kix Peaches Milk
<b>Lunch</b>	(WG) Spaghetti & Cheese (WG) Chicken Nuggets (CN) Mixed Vegetables Fruit Cocktail Milk	Red Beans Beef teriyaki (CN) White Rice Green Beans Pear Milk	Minestrone Soup with Vegetables (See recipe list) Ham Sandwich Peach Milk	Cup Beef and Rice Casserole (See recipe list) Corn Pineapple Milk	Pizza w/Cheese Ham (CN) Mixed Vegetables Pear Milk
<b>Snack</b>	(WG) Crackers Pineapple Milk	Yogurt strawberry Mixed Fruits Milk	(WG) Muffin bananas Milk	(WG) Crackers Ritz Apricot Apple juice	(WG) Cuban crackers Gelatin Milk

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