



Menu Planning Worksheet for Children

Small Wonders Child Care - Week of: _____

No. 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn flakes cereal Yogurt Banana Milk	(WG) Waffles Syrup Peach Milk	(WG) Oatmeal (WG) Whole Bread Butter Mandarins Milk	Cheerios Multi grain Mozzarella cheese slice Pear Milk	(WG) Pancakes Syrup Mixed fruits Milk
Lunch	Ground beef <small>(See recipe list)</small> White rice Carrots & Peas Pears Milk	(WG) Chicken Nuggets (CN) Ketchup Potatoes patty smile Broccoli Pineapples Milk	Lentil Soup with beef and Potatoes <small>(See recipe list)</small> White Rice Corn Apricot Milk	Meat Ball (CN) (WG) Spaghetti <small>(Sauce)</small> - Lettuce & Tomatoes - LF Ranch Dressing Peach Milk	Pizza w/Cheese Ham (CN) Mixed Vegetables Fruit cocktail Milk
Snack	(WG) Crackers Apple sauce Milk	(WG) Crackers Ritz Mandarins Milk	Cereal Honey Kix Milk	(WG) Cheese Crackers Apple Slice Milk	(WG) Whole Bread Butter Mandarins Milk

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