



## Menu Planning Worksheet for Children

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

No. 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	(WG) Waffles Syrup Apricot Milk	(WG) Oatmeal Mozzarella cheese slice (WG) Crackers Milk	Cheerios Multi grain Yogurt Pear Milk	(WG)Pancakes Syrup Mixed fruits Milk	Scrambled eggs Whole Bread Pear Milk
<b>Lunch</b>	Beefaroni/Ground beef (WG) Macaroni (See recipe list) Peas & carrots Mixed Fruits Milk	Soup Pea with beef (See recipe list) White rice Broccoli Pear Milk	Beef teriyaki (CN) (WG)Spaghetti Green Beans Apricot Milk	Chicken Soup (See recipe list) Crackers Peas & carrots Fruit Cocktail Milk	Pizza w/Cheese Ham (CN) Mixed Vegetables Fruits Cocktail Milk
<b>Snack</b>	Corn flakes cereal Apple slices Milk	Whole Bread Butter Milk	Cereal Honey Kix Milk	(WG)Bagels Cream Cheese Mandarins Milk	(WG)Cheese crackers Yogurt Milk

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