

Prospective Contractor Menu Planning Worksheet

Week # 2	Breakfast	Food Item	*Serving Size Information for different age groups:			Lunch	Food Item	*Serving Size Information for different age groups:			Snack	Food Item	*Serving Size Information for different age groups:		
			1 & 2	3 to 5	6 to 21			1 & 2	3 to 5	6 to 21			1 & 2	3 to 5	6 to 21
Monday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	pineapple				Veg/frt	apple/peppers	1/8cup each	1/4cup each	1/2cup each	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	tomato sauce	2 tsp	4 tsp	8 tsp					
	Grain/brd	French toast sticks	2 sticks	2 sticks	4 sticks	Grain/brd	English muffin pizza W	1/2	1/2	1	Grain/brd	Cinnamon toast	1/2 slice	1/2 slice	1 slice
					Meat/mt alt	cheese	1 oz	1.5 oz	2 oz	Meat/mt alt	cheese	1/2 oz	1/2 oz	1 oz	
Tuesday	Milk**		1/2 cup	3/4 cup	1 cup	Milk		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Peaches				Veg/frt	carrots	1/8 cup	1/4 cup	1/2 cup	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	banana slices	1/8 cup	1/4 cup	1/4 cup		Tropical Fruit	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	cooked oatmeal	1/4 cup	1/4 cup	1/2 cup	Grain/brd	Dinner roll WG	1/2	1/2	1	Grain/brd	wheat crackers	3	3	5
					Meat/mt alt	Chicken Nuggets	3	4	5	Meat/mt alt	shredded cheese	1/2 oz	1/2 oz	1 oz	
Wednesday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Pears				Veg/frt	peppers	1/8 cup	1/4 cup	1/2 cup	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	peach	1/8 cup	1/4 cup	1/4 cup		slice banana	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	Whole-grain cereal*	1/2 cup	1/2 cup	1 cup	Grain/brd	whole grain toast	1/2 slice	1/2 slice	1 slice	Grain/brd				
					Meat/mt alt	scrambled eggs	1/2 egg	3/4 egg	1 egg	Meat/mt alt	Yogurt	2oz	2oz	4oz	
Thursday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Peaches				Veg/frt	broccoli mash	1/8 cup	1/4 cup	1/2 cup	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	cauliflower mash	1/8 cup	1/4 cup	1/2 cup					
	Grain/brd	whole-grain English muffin toasted	1/2	1/2	1	Grain/brd	whole wheat roll	1/2	1/2	1	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
					Meat/mt alt	shredded chicken & cheese	1/2 oz each	3/4 oz each	1 oz each	Meat/mt alt	yogurt	2 oz	2 oz	4 oz	
Friday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Pineapple				Veg/frt	oranges	1/8 cup	1/4 cup	1/4 cup	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	green beans	1/8 cup	1/4 cup	1/2 cup		100% juice	1/2 cup	1/2 cup	3/4 cup
	Grain/brd	Cinnamon toast	1/2 Slice	1/2 Slice	1 slice	Grain/brd					Grain/brd	goldfish	1/4 cup	1/4cup	1/2 cup
					Meat/mt alt	Pancake wrap WG/yogurt	1	1 and 3oz	1 and 4oz	Meat/mt alt					
Saturday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc	Oranges				Veg/frt	Spinach	1/4 cup	1/2 cup	1 cup	Veg/frt/jc				
			1/4 cup	1/2 cup	1/2 cup	Veg/frt	apple sauce	1/8 cup	1/4 cup	1/4 cup		Pineapple	1/2 cup	1/2 cup	3/4 cup
	Grain/brd					Grain/brd	whole grain sandwich	1/2	1/2	1	Grain/brd				
	Pancakes WG	1/2 pack	1/2 pack	1 pack	Meat/mt alt	ham	1 oz	1.5 oz	2 oz	Meat/mt alt	cheese cubes	1/2 oz	1/2 oz	1 oz	
** Milk type is given as per MD order**															
*Spring Hill, Dunnellon, St. Johns, and Palatka serve Cheerios															

*Serving size information means the amount of food required by cups, ounces, and individual pieces of a food item. A copy of a CN Label or Manufacturer's Analysis must be attached if a processed combination main dish item is indicated.