

Prospective Contractor Menu Planning Worksheet

Week # 5	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					Veg/frt	Pears	1/8 cup	1/4 cup	1/4 cup	Veg/frt/jc				
	Grain/brd	Apple sauce	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Carrots	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Peaches	1/2 cup	1/2 cup	3/4 cup
						Grain/brd					Grain/brd	Whole-grain cereal *	1/2 cup	1/2 cup	1 cup
		Waffle	1/2 slice	1/2 slice	1 slice	Meat/mt alt	Corn Dogs	3	5	6	Meat/mt alt				
Tuesday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	apple sauce/peppers	1/8cup each	1/4cup each	1/2cup each	Veg/frt/jc				
	Grain/brd	Tropical fruit	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Tomato Sauce	2 tsp	4 tsp	8 tsp	Grain/brd	wheat crackers	3	3	5
		Cooked Oatmeal WG	1/4 cup	1/4 cup	1/2 cup	Meat/mt alt	cheese	1 oz	1.5 oz	2 oz	Meat/mt alt	cheese cube	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					Veg/frt	Peas & carrots	1/8 cup	1/4 cup	1/2 cup	Veg/frt/jc				
	Grain/brd	Banana	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Mashed potatoe (bowl)	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Simply Chex mix	1/3 pack	1/2 pack	1 pack
		Pancake	1/2 pack	1/2 pack	1 pack	Meat/mt alt	Meatloaf	1/2	3/4	1	Meat/mt alt	Cheese cubes	1/2 oz	1/2 oz	1 oz
Thursday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Pineapple	1/8 cup	1/4 cup	1/4 cup	Veg/frt/jc				
	Grain/brd	Oranges	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Sweet potato fries	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Tropical fruit	1/2 cup	1/2 cup	3/4 cup
		Eggs	1/4 egg	1/4 egg	1/2 egg	Grain/brd					Grain/brd	Dinner roll WG	1/2	1/2	1
						Meat/mt alt	Fish Sticks	2	3	4	Meat/mt alt				
Friday	Milk**		1/2 cup	3/4 cup	1 cup	Milk**		1/2 cup	3/4 cup	1 cup	Milk				
	Veg/frt/jc					Veg/frt	Steamed Spinach	1/4 cup	1/2 cup	1 cup	Veg/frt/jc				
	Grain/brd	Banana	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Mashed Potatoes	1/8 cup	1/4 cup	1/2 cup	Grain/brd	Apple sauce	1/2 cup	1/2 cup	3/4 cup
		Cinnamon toast	1/2 slice	1/2 slice	1 slice	Grain/brd	Quesadilla WG	1/2 shell	1/2 shell	1 shell	Grain/brd	Pretzel	1/2 oz	1/2 oz	1 oz
						Meat/mt alt	Chicken and Cheese	1 oz	1.5 oz	2 oz	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					Veg/frt	Peaches	1/8 cup	1/4 cup	1/4 cup	Veg/frt/jc				
	Grain/brd	Peaches	1/4 cup	1/2 cup	1/2 cup	Veg/frt	Green beans	1/8 cup	1/4 cup	1/2 cup	Grain/brd	100% Juice	1/2 cup	1/2 cup	3/4 cup
		Whole-grain cereal *	1/2 cup	1/2 cup	1 cup	Grain/brd					Grain/brd	Gold Fish	1/4 cup	1/4 cup	1/2 cup
						Meat/mt alt	Pancake wrap/yogurt	1	1 and 3oz	1 and 4oz	Meat/mt alt				

** 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.