

NEW YORK STATE
OFFICE OF CHILDREN AND FAMILY SERVICES

MENU PLANNING FORM FOR CHILD DAY CARE

(For centers and school age programs only)

PROVIDER/PROGRAM: RiverStone Preschool and Daycare	REVIEWED BY:
ADDRESS 87 River Street	TITLE: (Person Qualified in Nutrition)
CITY STATE, ZIP CODE: Warrensburg, NY 12885	
WEEK OF: WEEK ONE AND THREE	DATE:

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Fruit or Fruit juice Enriched Bread or Cereal Milk	WAFFLES W/SYRUP STRAWBERRIES 1% MILK	CINNAMON ROLLS MIXED FRUIT 1% MILK	CEREAL APPLE SLICES 1% MILK	BAGELS W/BUTTER AND CREAM CHEESE ORANGES 1% MILK	PANCAKES W/SYRUP BANANAS 1% MILK
AM and PM Snacks: Choose a combination of any two foods per snack from: Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched Crackers, and Bread, Cereal, Enriched Cookies, Cheese, Eggs and Mild Desserts	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM	<input type="checkbox"/> AM
	<input checked="" type="checkbox"/> PM APPLE SLICES W/CARAMEL PRETZELS WATER	<input checked="" type="checkbox"/> PM TRAIL MIX FRUIT JUICE	<input checked="" type="checkbox"/> PM CHEESE STICKS CRACKERS	<input checked="" type="checkbox"/> PM JELLY SANDWICHES MILK	<input checked="" type="checkbox"/> PM COOKIES MILK
Lunch or Supper: Meat or Meat Alternate Vegetable or Fruit (choose two) Enriched Bread & Butter/Margarine Simple Dessert Milk	HAMBURGER GREEN BEANS FRUIT COCKTAIL NOODLES 1% MILK	TURKEY LETTUCE TOMATO BREAD 1% MILK	HOMEMADE MAC AND CHEESE CARROTS AND APRICOTS MACARONI 1% MILK	CHICKEN STRIPS CORN PEACHES RICE 1% MILK	GRILLED CHEESE TOMATO SOUP PEARS BREAD 1% MILK

Centers participating in the Special Food Service Program for Children are required to serve milk, fruit, or full-strength fruit juice and enriched bread or an equivalent

See Reverse

LDSS-4442 (Rev 6/2005)

MENU PLANNING FORM Continued
Guide to Child Size Portions

Meal Pattern[2]	1 to 3 years old	3 to 6 years old
<p>Breakfast:</p> <p>Fruit or Fruit Juice Enriched Bread or Cereal Milk</p>	<p>¼ Cup ½ Slice or ¼ Cup ½ Cup</p>	<p>½ Cup ½ Slice or 1/3 Cup ¾ Cup</p>
<p>AM and PM Snacks:</p> <p>Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched Crackers and Bread, Cereal, Enriched Cookies, Cheese, Eggs, and Mild Desserts (Choose any two per snack)</p>	<p>½ Cup Milk, Fruit, or Fruit Juice 2-4 Small Pieces Raw Vegetables 1-2 Crackers or Cookies ¼ Cup Cereal or ½ Slice Bread ½ Ounce Cheese ½ Egg ¼ Cup Milk Desserts (Ice Cream Pudding, etc.)</p>	<p>½ Cup Milk, Fruit, or Fruit Juice 2-4 Small Pieces Raw Vegetables 1-2 Crackers or Cookies 1/3 Cup Cereal or ½ Slice Bread ½ Ounce Cheese ½ -1 Egg ¼ - 1/2 Cup Milk Desserts (Ice Cream</p>
<p>Lunch or Supper:</p> <p>Meat or Meat Alternate Meat, Poultry, Fish Cheese Egg Cooked Dry Beans Peanut Butter Vegetable or Fruit (choose two) Enriched Bread/Roll/Bun/Biscuit Butter/Margarine Simple Desserts Milk</p>	<p>1 Ounce (2 Tablespoons) 1 Ounce 1 1/8 Cup 1 Tablespoon ¼ Cup Total ½ Slice Bread; ½ Roll or Biscuit ½ Teaspoon ¼ Cup ½ Cup</p>	<p>1 ½ - 2 Ounces (4 Tablespoons) 1 ½ - 2 Ounces 1 ¼ Cup 2 Tablespoons ½ Cup Total ½ - 1 Slice Bread; ½ -1 Roll or Biscuit 1 Teaspoon ½ Cup ¾ Cup</p>

[1] Food requirements for infants under 1-year old should be determined according to individual needs and in consultation with parent.

[2] Individual children will differ in amounts they will eat. Programs should exchange information with parents on the child's eating habits and food preferences.