

NEW YORK STATE
OFFICE OF CHILDREN AND FAMILY SERVICES

MENU PLANNING FORM FOR CHILD DAY CARE

(For centers and school age programs only)

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| 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 TWO AND FOUR | DATE: |

| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|--|
| Breakfast: Fruit or Fruit juice Enriched Bread or Cereal Milk | BAGEL W/ CREAM CHEESE AND BUTTER APPLE SLICES 1% MILK | TOAST W/ BUTTER AND JELLY STRAWBERRIES 1% MILK | CEREAL ORANGES 1% MILK | ENGLISH MUFFIN MIXED FRUIT 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 CRACKERS CHEESE WATER | <input checked="" type="checkbox"/> PM PRETZEL STICKS FRUIT JUICE | <input checked="" type="checkbox"/> PM VANILLA WAFERS FRUIT JUICE | <input checked="" type="checkbox"/> PM FRUIT JUICE GRAHAM CRACKERS | <input checked="" type="checkbox"/> PM GOLDFISH FRUIT JUICE |
| Lunch or Supper: Meat or Meat Alternate Vegetable or Fruit (choose two) Enriched Bread & Butter/Margarine Simple Dessert Milk | CHICKEN NUGGETS GREEN BEANS PINEAPPLE BREAD/BUTTER 1% MILK | HOT DOGS PEAS MIXED FRUIT ROLLS 1 % MILK | TUNA CARROTS PEARS BREAD 1% MILK | FISH STICKS MASHED POTATOS PEACHES BREAD/BUTTER 1% MILK | SKINLESS CHICKEN ASPARAGUS APRICOTS RICE 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 |
|---|--|--|
| Breakfast: Fruit or Fruit Juice Enriched Bread or Cereal Milk | ¼ Cup ½ Slice or ¼ Cup ½ Cup | ½ Cup ½ Slice or 1/3 Cup ¾ Cup |
| AM and PM Snacks: Milk, Fruit, Fruit Juice, Raw Vegetables, Enriched Crackers and Bread, Cereal, Enriched Cookies, Cheese, Eggs, and Mild Desserts (Choose any two per snack) | 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.) | 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 |
| Lunch or Supper: 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 | 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 | 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 |

[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.