

Menu Planner:

Children 1-12 Years

Gan Breakfast

 Week of Year

Meal pattern summary charts show minimum serving sizes, based on age.

Breakfast: • All 3 components are required

Components	1-2 YEARS	3-5 YEARS	6-12 YEARS
Fluid Milk	½ cup	¾ cup	1 cup
Grain, Bread, Cereal	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable or Fruit or Juice	¼ cup	½ cup	½ cup

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk
Grain	W/G Cereal	W/G Cracker	W/G Cereal	W/G Cracker	W/G Cereal
Veg or Fruit	Applesauce	Fruit	Fruit Cup	Squeeze Fruit	Fruit

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk	Lowfat Milk
Grain	W/G Cereal	W/G Cracker	W/G Cereal	W/G Cracker	W/G Cereal
Veg or Fruit	Applesauce	Fruit	Fruit Cup	Squeeze Fruit	Fruit

Menu Planner: At-Risk Afterschool Meals

Gan

 Week of Year

Meal pattern summary charts show minimum serving sizes, based on age.

Snack: • 2 of the 5 components are required. • Snack may not consist of only milk and juice.

Components	1-2 YEARS	3-5 YEARS	6-18 YEARS
Fluid Milk	½ cup	½ cup	1 cup
Meat/ Meat Alternate	½ ounce	½ ounce	1 ounce
Grain, Bread, Crackers	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Item #1	W/G Pretzel	W/G Cracker	W/G Pops	W/G Tea Biscuit	N/A
Item #2	String Cheese	Milk	Applesauce	Milk	
Extra Item (optional)					

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Item #1	W/G Pretzel	W/G Cracker	W/G Pops	W/G Tea Biscuit	N/A
Item #2	String Cheese	Milk	Applesauce	Milk	
Extra Item (optional)					

Menu Planner: At-Risk Afterschool Meals

Elementary

 Week of Year

Meal pattern summary charts show minimum serving sizes, based on age.

Snack: • 2 of the 5 components are required. • Snack may not consist of only milk and juice.

Components	1-2 YEARS	3-5 YEARS	6-18 YEARS
Fluid Milk	½ cup	½ cup	1 cup
Meat/ Meat Alternate	½ ounce	½ ounce	1 ounce
Grain, Bread, Crackers	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Item #1	W/G Pretzel	Cereal	Popcorn	W/G Muffin	N/A
Item #2	String Cheese	Milk	Juicebox	Chocolate Milk	
Extra Item (optional)					

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Item #1	Corn Chip	W/G Cracker	W/G Pops	W/G Muffin	N/A
Item #2	Cheese Slices	Milk	Juicebox	Chocolate Milk	
Extra Item (optional)					