

Menu Planning Form

MEAL PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Fruit/ Vegetable, Bread or Cereal, Milk (3 food groups)					
A. M. Snack: Milk, Fruit or Vegetable, Bread, or Meat (2 food groups)					
Lunch: Meat or Meat Alternate, Vegetables and/or Fruits, Bread or Grain, Milk (4 food groups, 5 components)					
P. M. Snack: Milk, Fruit or Vegetable, Bread or Meat (2 food groups)					
Supper: Meat or Meat Alternate, Vegetables and/or Fruits, Bread or Grain, Milk (4 food groups, 5 components)					

Adapted from: *Special Food Service Programs for Children*, U. S. Dept. of Agriculture Food and Nutrition