MENU PLANNER FOR CHILDREN 1 - 12 YEARS **WEEK OF:_____**

DATE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST FRUIT/VEG/JUICE: 1/4 - 1/2 CUP BREAD : ½ - 1 SLICE OR CEREAL: 1/4 - 1/3 CUP MILK: ½ - 1 CUP							
AM SNACK-AT LEAST 2 MILK: ½ - 1 CUP FRUIT OR VEG : ½ - 3/4 CUP BREAD: ½ - 1 SLICE OR CEREAL: 1/4 -1/3 CUP MEAT /ALTERNATE: ½ - 1 OZ							
LUNCH MEAT / ALTERNATE: 1 - 2 OZ FRUIT: 1/4 - 3/4 CUP VEG: 1/4 - 3/4 CUP BREAD/ PASTA: ½ -1 SERVING MILK: ½ - 1 CUP							
PM SNACK-AT LEAST 2 MILK: ½ - 1 CUP FRUIT OR VEG : ½ - 3/4 CUP BREAD: ½ - 1 SLICE OR CEREAL: 1/4 -1/3 CUP MEAT /ALTERNATE: ½ - 1 OZ							
SUPPER MEAT / ALTERNATE: 1 - 2 OZ FRUIT: 1/4 - 3/4 CUP VEG: 1/4 - 3/4 CUP BREAD/PASTA: ½ -1 SERVING MILK: ½ - 1 CUP							
EVENING SNACK AT LEAST 2 MILK: ½ - 1 CUP FRUIT OR VEG : ½ - 3/4 CUP BREAD: ½ - 1 SLICE OR CEREAL: 1/4 -1/3 CUP MEAT /ALTERNATE: ½ - 1 OZ							