**Breakfast Menu Planning Worksheet**

**Preschool Meal Pattern**

**Ages 1-5**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Grains\*:**  1-5 years: ½ oz eq  **Optional Meat/Meat Alternate substitute\*\*:**  1-5 years: 1 oz eq |  |  |  |  |  |
| **Vegetable, Fruit, or both\*\*\*:**  1-2 years: 1/4 cup  3-5 years: 1/2 cup |  |  |  |  |  |
| **Milk:**  1-2 years: 4 fluid ounces (1/2 cup)  3-5 years: 6 fluid ounces (3/4 cup)  1 year olds must be served unflavored whole milk  2-5 year olds must be served unflavored low-fat or fat-free milk |  |  |  |  |  |

\*One serving of grains per day must be whole grain-rich

\*\*Meat/Meat Alternate may be used to substitute for the grains component a maximum of three times per week. 1 oz of meat/meat alternate credits as 1 serving of grains.

\*\*\*Juice may only be used to meet the vegetable or fruit component at one meal per day