**Lunch Menu Planning Worksheet**

**Preschool Meal Pattern (Ages 1-5)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat/Meat Alternate:**1-2 years: 1 oz eq 3-5 years: 1 ½ oz eq |  |  |  |  |  |
| **Vegetables\*:** 1-2 years: 1/8 cup3-5 years: 1/4 cupA second vegetable may be served to meet the entire fruit component |  |  |  |  |  |
| **Fruit\*:**1-2 years: 1/8 cup3-5 years: 1/4 cup |  |  |  |  |  |
| **Grains\*\*:**1-5 years: ½ oz eq |  |  |  |  |  |
| **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 milk2-5 year olds must be served unflavored low-fat or fat-free milk |  |  |  |  |  |

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

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