**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 cup  3-5 years: 1/4 cup  A second vegetable may be served to meet the entire fruit component |  |  |  |  |  |
| **Fruit\*:**  1-2 years: 1/8 cup  3-5 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 milk  2-5 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