

Menu Planner: Children 1-12 Years

Week of _____

Year _____



Meal pattern summary charts show minimum serving sizes, based on age.

Breakfast: • All 3 components are required

| Components | 1-2 YEARS | 3-5 YEARS | 6-12 YEARS |
|-----------------------------|--------------------|--------------------|--------------------|
| Fluid Milk | ½ cup | ¾ cup | 1 cup |
| Grain, Bread, Cereal | ½ ounce equivalent | ½ ounce equivalent | 1 ounce equivalent |
| Vegetable or Fruit or Juice | ¼ cup | ½ cup | ½ cup |

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--------|---------|-----------|----------|--------|
| Milk | | | | | |
| Grain | | | | | |
| Veg or Fruit | | | | | |

Lunch/ Supper: • All 5 components are required.

| Components | 1-2 YEARS | 3-5 YEARS | 6-12 YEARS |
|---------------------------|--------------------|--------------------|--------------------|
| Fluid Milk | ½ cup | ¾ cup | 1 cup |
| Meat/ Meat Alternate | 1 ounce | 1 ½ ounce | 2 ounces |
| Grain, Bread, Pasta, Rice | ½ ounce equivalent | ½ ounce equivalent | 1 ounce equivalent |
| Vegetable | ⅓ cup | ¼ cup | ½ cup |
| Fruit | ⅓ cup | ¼ cup | ¼ cup |

| Lunch/ Supper | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--------|---------|-----------|----------|--------|
| Milk | | | | | |
| Meat/ Meat Alternate | | | | | |
| Grain | | | | | |
| Vegetable | | | | | |
| Fruit | | | | | |

- Snack:**
- 2 of the 5 components are required.
 - Snack may not consist of only milk and juice.

| Components | 1-2 YEARS | 3-5 YEARS | 6-12 YEARS |
|------------------------|--------------------|--------------------|--------------------|
| Fluid Milk | ½ cup | ½ cup | 1 cup |
| Meat/ Meat Alternate | ½ ounce | ½ ounce | 1 ounce |
| Grain, Bread, Crackers | ½ ounce equivalent | ½ ounce equivalent | 1 ounce equivalent |
| Vegetable | ½ cup | ½ cup | ¾ cup |
| Fruit | ½ cup | ½ cup | ¾ cup |

| Snack | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--------|---------|-----------|----------|--------|
| Item #1 | | | | | |
| Item #2 | | | | | |
| Extra Item (optional) | | | | | |

For more information, visit:

- Refer to the CACFP Meal Pattern Requirements for children ages 1 – 12 for more information.
- The USDA Food and Nutrition Services website for [CACFP Training Tools](#)
- The USDA [Food Buying Guide](#)



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