**Menu Planning Worksheet**

**Lunch**

 **Traditional Food-Based Meal Pattern**

**Preschool, Ages 3-4 (and age 5 not yet in kindergarten)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Component** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat/Meat Alternate:**1 ½ oz lean cooked meat or equivalent\*Examples: ½ large egg, ½ oz lean cooked meat  |  |  |  |  |  |
| **Fruit/Vegetables:** 2 or more servings of fruits and/or vegetables totaling ½ cup daily |  |  |  |  |  |
| **Grains:**8 servings per week;Minimum of 1 serving daily\*Examples: ½ slice whole grain-rich bread, ¼ cup or ⅓ oz whole grain-rich cereal |  |  |  |  |  |
| **Milk:**6 fluid ounces daily (¾ cup) |  |  |  |  |  |

\*Refer to the Traditional Food Based Meal Pattern Table (<http://dpi.wi.gov/sites/default/files/imce/school-nutrition/doc/preschool-traditional-meal-pattern.pdf>) for serving size minimums and FCS Instruction 783.1 Rev 2: Exhibit A Grains/Breads for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs (2007) (<http://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a-traditional-meal-pattern.pdf>).