**Menu Planning Worksheet**

**Lunch**

**Traditional Food-Based Meal Pattern**

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

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| --- | --- | --- | --- | --- | --- |
| **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>).