

# Child Care Infant and Children Weekly Meal/Menu Planner Template

Child Care Program Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## Infants up to 6 Months of Age

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast, lunch, supper, and snack	Newborns breastfeed or formula feed 8-12 times a day.  Formula-fed infants should consume 3-4 ounces of formula every 3-4 hours. By 6 months of age, infants consume 34 ounces per day					
Human milk or FDA approved Infant Formula						

Fluid Quantity per feed: 4-6 fluid ounces breast milk or formula for breakfast, lunch, supper, and snacks.

The amount of milk/formula needed for the infant depend on age, size, level of activity, metabolic activity, medication conditions, and other factors. It is important that the child is fed the recommended quantity with the recommended time interval to meet the nutrient requirements for age-appropriate growth and development.

Complementary Feeds: Typically, between age 4 and 6 months, infants develop the gross motor, oral, and fine motor skills necessary to begin to eat complementary foods. Developmental readiness for beginning to eat solid foods vary based on infant's growth and developmental stages.

WATER: For healthy infants with adequate intake of human milk or infant formula, supplemental water is typically not needed in the first 6 months. Small amounts (up to 4 to 8 ounces per day) of plain, fluoridated drinking water can be given to infants with the introduction of complementary foods.

Avoid Honey and Unpasteurized Foods and Beverages as well as Fruit Juice before age 12 months.

Encourage and provide separate breast-feeding space in a child area to mothers who wish to breast feed their children during child care hours.

Food and beverages including snacks provided the program shall comply with the guidelines of the Child and Adult Care Food Program of the U.S. Department of Agriculture, as indicated on a chart supplied by the office. Weekly Menu must be posted in a conspicuous place, and dated record of food actually served must be kept on file for at least 4 weeks. Modified diet prescribed by child's health care provider or modified diet requested by the parent in writing.

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Child Care Program Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## Infants 6 Months to 11 Months of Age

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast, lunch, or supper	6-8 fluid ounces breast milk or formula, and 0-½ ounce equivalent infant cereal, or 0-4 tablespoons of meat or fish or poultry or whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; or combination of the above; and 0-2 tablespoons vegetable or fruit, or a combination of both					
Snacks	2-4 fluid ounces breast milk or formula, and 0-½ ounce equivalent bread, or 0-¼ ounce equivalent crackers, or 0-½ ounce equivalent infant cereal, or 0-¼ ounce equivalent ready-to-eat breakfast cereal, and 0-2 tablespoons vegetables or fruit, or a combination of both.					

Children 12-24 months must receive whole milk; children age two and over must receive low-fat (1%) or fat-free (skim) milk.

Juice may not be served when milk is the only other component served at snack. USDA WIC Infant Nutrition and Feeding Guide  
<https://wicworks.fns.usda.gov/resources/infant-nutrition-and-feeding-guide>

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Child Care Program Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## Children 1-2 Years of Age

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk: 4 fluid ounces Vegetables, fruits, or portions of both: $\frac{1}{4}$ cup Grains: $\frac{1}{2}$ ounce equivalent					
Lunch and supper	Fluid Milk: 4 fluid ounces Meats/meat alternates: 1 ounce equivalent Vegetables: $\frac{1}{8}$ cup Fruits: $\frac{1}{8}$ cup Grain: $\frac{1}{2}$ ounce equivalent					
Snacks	Fluid Milk: 4 fluid ounces Meats/meat alternates: $\frac{1}{2}$ ounce equivalent Vegetables: $\frac{1}{2}$ cup Fruits: $\frac{1}{2}$ cup Grain: $\frac{1}{2}$ ounce equivalent					

Infants and young children should be given age and developmentally appropriate foods to help prevent choking. Foods such as hot dogs, candy, nuts and seeds, raw carrots, grapes, popcorn, and chunks of peanut butter are some of the foods that can be a choking risk for young children.

Parents, guardians, and caregivers are encouraged to take steps to decrease choking risks, including offering foods in the appropriate size, consistency, and shape that will allow an infant or young child to eat and swallow easily.

Make sure the young child is sitting up in a high chair or other safe, supervised place.

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## Children 3 to 5 Years of Age

Ensure staff ratio and active supervision is maintained at all times during meal and snack times.

Provide individualized attention to children with food allergy and allergy/anaphylaxis management treatment plan including staff and medication are readily available.

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk: 6 fluid ounces Vegetables, fruits, or portions of both: $\frac{1}{2}$ cup Grains: $\frac{1}{2}$ ounce equivalent					
Lunch and supper	Fluid Milk: 6 fluid ounces Meats/meat alternates: 1.5 ounce equivalent Vegetables: $\frac{1}{4}$ cup Fruit: $\frac{1}{4}$ cup Grain: $\frac{1}{2}$ ounce equivalent					
Snacks	Fluid Milk: 4 fluid ounces Meats/meat alternates: $\frac{1}{2}$ ounce equivalent Vegetables: $\frac{1}{2}$ cup Fruits: $\frac{1}{2}$ cup Grain $\frac{1}{2}$ ounce equivalent					

Food and beverages including snacks provided the program shall comply with the guidelines of the Child and Adult Care Food Program of the U.S. Department of Agriculture, as indicated on a chart supplied by the office. Weekly Menu must be posted in a conspicuous place, and dated record of food actually served must be kept on file for at least 4 weeks. Modified diet prescribed by child's health care provider or modified diet requested by the parent in writing.

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Child Care Program Name: \_\_\_\_\_ Week of: \_\_\_\_\_

### Children 6-12 Years of Age

Meal Pattern	Minimum Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk: 8 fluid ounces Vegetables, fruits, or portions of both: $\frac{1}{2}$ cup Grains: 1 ounce equivalent					
Lunch and supper	Fluid Milk: 8 fluid ounces Meats/meat alternates: 2 ounce equivalent Vegetable: $\frac{1}{2}$ cup Fruits: $\frac{1}{4}$ cup Grain: 1 ounce equivalent					
Snacks	Fluid Milk: 1 fluid ounce Meats/meat alternates: 1 ounce equivalent Vegetables: $\frac{3}{4}$ cup Fruits: $\frac{3}{4}$ cup Grain: 1 ounce equivalent					

From 12 months through older adulthood, follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease. While encouraging intake from each food group, avoid added sugars.

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