

Provider: _____

Shift: _____

Month: _____

20 _____

B
R
E
A
K
F
A
S
T

| Ages 1-2 | Ages 3-5 | Ages 6-12 | | Date: | Date: | Date: | Date: | Date: |
|-----------|-----------|-----------|----------------------|-------|-------|-------|-------|-------|
| 1/4 Cup | 1/2 Cup | 1/2 Cup | Fruit, Veg, or Juice | | | | | |
| 1/2 Slice | 1/2 Slice | 1 Slice | Bread or Alt. | | | | | |
| 1/4 Cup | 1/2 Cup | 1/2 Cup | Cereal | | | | | |
| 1/2 Cup | 3/4 Cup | 1 Cup | Milk | | | | | |

L
U
N
C
H

| | | | | | | | | |
|----------------------|----------------------|--------------------|--------------------|--|--|--|--|--|
| 1 oz | 1 1/5 oz | 2 oz | Meat | | | | | |
| 1/4 Cup | 1/2 Cup | 3/4 Cup | Veg. or Fruit | | | | | |
| Total | Total | Total | | | | | | |
| 1/4 Cup or 1/2 Slice | 1/4 Cup or 1/2 Slice | 1/2 Cup or 1 Slice | Bread or Alternate | | | | | |
| 1/2 Cup | 3/4 Cup | 1 Cup | Milk | | | | | |

S
U
P
P
E
R

| | | | | | | | | |
|----------------------|----------------------|--------------------|--------------------|--|--|--|--|--|
| 1 oz | 1 1/5 oz | 2 oz | Meat | | | | | |
| 1/4 Cup | 1/2 Cup | 3/4 Cup | Veg. or Fruit | | | | | |
| Total | Total | Total | | | | | | |
| 1/4 Cup or 1/2 Slice | 1/4 Cup or 1/2 Slice | 1/2 Cup or 1 Slice | Bread or Alternate | | | | | |
| 1/2 Cup | 3/4 Cup | 1 Cup | Milk | | | | | |

S
N
A
C
K

| | | | | | | | | |
|----------------------|----------------------|--------------------|--------------------|--|--|--|--|--|
| 1/2 oz | 1/2 oz | 1 oz | Meat | | | | | |
| 1/4 Cup | 1/2 Cup | 3/4 Cup | Veg. or Fruit | | | | | |
| 1/4 Cup or 1/2 Slice | 1/4 Cup or 1/2 Slice | 1/2 Cup or 1 Slice | Bread or Alternate | | | | | |
| 1/2 Cup | 3/4 Cup | 1 Cup | Milk | | | | | |

Key:
 B - Breakfast
 A - AM Snack
 L - Lunch
 P - PM Snack
 S - Supper
 E - Evening Snack

Age Child's Full Name

B A L P S E

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|
| 1 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | | | | | | | |
| 2 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 3 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 4 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 5 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 6 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 7 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 8 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 9 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 10 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 11 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |
| 12 | | | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | B | A | L | P | S | E | | | | | | |

Signature: _____

Date: _____

