

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: _____

