

# CHILD CARE MENU PLANNING WORKSHEET

CACFP/Office of Child  
Nutrition Participant:  
YES      NO



MISSISSIPPI  
STATE DEPARTMENT OF HEALTH

Week Of: \_\_\_\_\_

Facility Name/License Number (last 4): \_\_\_\_\_

Hours of Operation: \_\_\_\_\_ County: \_\_\_\_\_

Contact Person/Telephone Number: \_\_\_\_\_

Licensing Official Name: \_\_\_\_\_

Record all food and beverages served. Please refer to Appendix C in Regulations Governing Licensure of Child Care Facilities for nutritional standards.

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> -Time: _____ Fruit (no juice) Cereal or Bread/Alternate Milk					
<b>Snack</b> -Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable or Fruit, (no juice) Bread or Bread Alternate Milk					
<b>Lunch/Supper</b> -Time: _____ Meat or Meat Alternate Vegetable and Fruit (2 Veg/fruit or 1 veg & 1 fruit) Bread or Bread Alternate Milk					
<b>Snack</b> -Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					
<b>Snack</b> -Time: _____ (Select 2 out of 4 food groups) Meat or Meat Alternate Vegetable, Fruit, or Juice Bread or Bread Alternate Milk					

\*Water is made available at all meals and snacks. \*Whole grain bread & bread products are used. \*No meal or snack may be served more than once in 24 hours.

\*Other Foods or Condiments may be served with meals/snacks but DO NOT count as a component.