

**Maryland State Department of Education  
Division of Early Childhood Development – Office of Child Care**

## MENU PLAN

Week of \_\_\_\_\_ Year \_\_\_\_\_

MEAL REQUIREMENTS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Age 1-2	Age 3-5	Age 6-12							
BREAKFAST										
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>							
Fruit OR vegetable	¼ cup	½ cup	½ cup							
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup							
SNACK-Choose 2										
Fluid Milk <sup>1</sup>	½ cup	½ cup <sup>2</sup>	1 cup <sup>2</sup>							
Fruit OR vegetable	½ cup	½ cup	¾ cup							
Bread OR bread alternate OR cereal	½ slice ¼ cup	½ slice 1/3 cup	1 slice ¾ cup							
Meat or meat alternate	½ oz	½ oz	1 oz							
LUNCH or SUPPER										
Fluid Milk	½ cup	¾ cup <sup>2</sup>	1 cup <sup>2</sup>							
Meat/poultry/fish OR	1 oz	1 ½ oz	2 oz							
Cheese OR	1 oz	1 ½ oz	2 oz							
Large egg OR	½	¾	One							
Peanut butter OR	2 tbsp	3 tbsp	4 tbsp							
Dried beans & peas OR	¼ cup	3/8 cup	½ cup							
Yogurt	½ cup	¾ cup	1 cup							
2 different fruits OR 2 different vegetables OR 1 fruit and 1 vegetable	¼ cup	½ cup	¾ cup							
Bread OR bread alternate, OR pasta OR rice	½ slice ¼ cup	½ slice ¼ cup	1 slice ½ cup							

<sup>1</sup> Juice may not be served when milk is the only other component served at snack.

<sup>2</sup> MSDE recommends children over age two receive low-fat (1%) or fat-free (skim) milk.