

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE

WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

Week of _____ Year _____

BREAKFAST—ALL 3 COMPONENTS REQUIRED

MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk							
Grain/bread/cereal							
Fruit or vegetable							

SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt							
Grain/bread/cereal							
Vegetable							
Fruit							

Please see side 2 for portion sizes

LUNCH or SUPPER—ALL 5 COMPONENTS REQUIRED

Fluid Milk							
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt							
Vegetable							
Different Vegetable or Fruit or 100% Juice							
Grain/bread/pasta/rice							

CHILD AND ADULT CARE FOOD PROGRAM

MEAL PATTERN REQUIREMENTS: CHILDREN 1 - 12 YEARS

MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
BREAKFAST—ALL 3 COMPONENTS REQUIRED			
1) Fluid Milk	½ cup (4 fl oz.)	¾ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Grain ³ : Bread or Muffin/pancake/waffle/etc. or Cereal ⁴	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	½ slice ½ serving (½ oz. equiv.) hot: ¼ cup; cold: ½ oz. equiv.	1 slice 1 serving (1 oz. equiv.) hot: ½ cup; cold: 1 oz. equiv.
3) Vegetable or Fruit or Juice ²	¼ cup	½ cup	½ cup
SNACK—2 OF 5 COMPONENTS REQUIRED⁵			
1) Fluid Milk ¹	½ cup (4 fl oz.)	½ cup (4 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt ⁶	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (¼ cup)	½ oz. ½ egg 2 Tbsp. 1 Tbsp. 2 oz. (¼ cup)	1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. (½ cup)
3) Grain ³ : Bread/roll/muffin/crackers	½ slice (½ oz. equiv.)	½ slice (½ oz. equiv.)	1 slice (1 oz. equiv.)
4) Vegetable or Juice ²	½ cup	½ cup	¾ cup
5) Fruit or Juice ²	½ cup	½ cup	¾ cup
LUNCH/SUPPER—ALL 5 COMPONENTS REQUIRED			
1) Fluid Milk ¹	½ cup (4 fl oz.)	¾ cup (6 fl oz.)	1 cup (8 fl oz.)
2) Meat/Poultry/Fish/Tofu/Cheese or Egg or Cooked dry beans or peas or Peanut butter/other nut or seed butter or Yogurt ⁶	1 oz. ½ egg ¼ cup 2 Tbsp. 4 oz. (½ cup)	1 ½ oz. ¾ egg 6 Tbsp. (¾ cup) 3 Tbsp. 6 oz. (¾ cup)	2 oz. 1 egg ½ cup 4 Tbsp. 8 oz. (1 cup)
3) Grain ³ : Bread/roll or Pasta/rice	½ slice (½ oz. equiv.) ¼ cup	½ slice (½ oz. equiv.) ¼ cup	1 slice (1 oz. equiv.) ½ cup
4) Vegetable	⅛ cup (2 Tbsp.)	¼ cup	½ cup
5) Different Vegetable or Fruit or Juice ²	⅛ cup (2 Tbsp.)	¼ cup	½ cup

1.Children 12-23 months must be served whole milk; low-fat (1%) or fat-free (skim) milk is required for children aged 24 months and up. Flavored milk must be fat-free and may be
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served only to children 6-12 years.

2. Juice may be served as the fruit/vegetable requirement no more than once per day, and must be 100% juice.
3. At least one grain serving per day must be whole grain-rich; all other servings must be enriched or fortified.
4. Cereals must contain no more than 6 grams of sugar per dry ounce.
5. Snack may not consist of only milk and juice.
6. Yogurt may contain no more than 15 grams of sugar per 4 oz. serving; 23 grams sugar per 6 oz. serving; or 30 grams sugar per 8 oz. serving