

Name _____ Hour _____

SAMPLE MENU

INSTRUCTIONS: Using the USDA guidelines, plan two days of sample menus for children in a care center. Choose foods which are wholesome and nutritious as well as desirable to children. Three meals should be planned for each day. Keep in mind that one meal needs to be a snack. For example: Breakfast, AM snack and lunch, or Lunch, PM snack, and dinner.

DAY 1**MEAL**

Food to be served Amount

MEAL

Food to be served Amount

MEAL

Food to be served Amount

DAY 2**MEAL**

Food to be served Amount

MEAL

Food to be served Amount

MEAL

Food to be served Amount