**Weekly Menu**

***Directions: Fill in the* one-week menu** for the age group which you work with. (If you don’t currently work with children, pick any age group.) The menu would ideally be one that you have participated in serving to and/or designing for children

**Indicate the age group (preschool) (infant or toddler) or (mixed-age family child care) which the menu is intended.**

**Your name:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Weekly Menu** | | | | | |
| **Age Group:** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Snack** |  |  |  |  |  |

**Sample Menu**

Reflect on the menu created above: If you designed the menu, how does it reflect your commitment to children’s nutritional needs? If you served the menu but did not design it, what are its strengths and/or what would you change?

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