Daily Meals Worksheet

Provider Name _____ Date _____

Meals and Components Served

Child

Breakfast		PM Snack	
Meat/Alternate		Meat/Alternate	
Grain/Alternate		Grain/Alternate	
Vegetable		Vegetable	
Fruit/Vegetable		Fruit/Vegetable	
Milk		Milk	

AM Snack		Dinner	
Meat/Alternate		Meat/Alternate	
Grain/Alternate		Grain/Alternate	
Vegetable		Vegetable	
Fruit/Vegetable		Fruit/Vegetable	
Milk		Milk	

Lunch		Evening Snack	
Meat/Alternate		Meat/Alternate	
Grain/Alternate		Grain/Alternate	
Vegetable		Vegetable	
Fruit/Vegetable		Fruit/Vegetable	
Milk		Milk	

Infants 6-11 months

Breakfast		PM Snack	
Infant Milk		Infant Milk	
Meat/Alternate		Bread/Alternate	
Infant Cereal		Infant Cereal	
Vegetable		Vegetable	
Fruit		Fruit	

AM Snack		Dinner	
Infant Milk		Infant Milk	
Bread/Alternate		Meat/Alternate	
Infant Cereal		Infant Cereal	
Vegetable		Vegetable	
Fruit		Fruit	

Lunch		Evening Snack	
Infant Milk		Infant Milk	
Meat/Alternate		Bread/Alternate	
Infant Cereal		Infant Cereal	
Vegetable		Vegetable	
Fruit		Fruit	

Child's Name	#	Age	Breakfast	AM	Lunch	PM	Dinner	Evening
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd
			☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd	☐ 1st ☐ 2nd