



Brighter Beginnings 4 Kids Menu

MARYLAND STATE DEPARTMENT OF EDUCATION – OFFICE OF CHILD CARE
WEEKLY MENU PLANNER – CHILDREN AGED 1 TO 12

SAMPLE WEEKLY MEAL PLAN -- YEAR 2025

BREAKFAST—ALL 3 COMPONENTS REQUIRED

MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk	Fluid Milk		
Grain/bread/cereal	Cheerios	Pancakes	Whole Grain Blueberry Muffin	Cheerios	French Toast Sticks		
Fruit or vegetable	Bananas	Apples	Mixed Fruit	Peaches	Applesauce		

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	Yogurt Dip						
Grain/bread/cereal		Cheese and Crackers	Whole Grain Goldfish	Whole Wheat Pretzel Sticks	100% Juice		
Vegetable	100% Juice	100% Juice	100% Juice	100% Juice	Crispy Baby Carrots/Ranch Dressing		
Fruit	Apple Slices						