Weekly Meal Worksheet

Updated 10/2017

	Breakfast	Time	AM Snack	Time	Lunch	Time	PM Snack	Time	Dinner	Time	EVE Snack	Time
Requirements	• Bread/Grain (OR a meat/meat alternate up to **3 times per week**) • Fruit/Vegetable • Milk		Choose 2 of the 5: • Meat/Meat Alternate • Bread/Grain • Vegetable • Fruit • Milk		• Meat/Meat Alternate • Bread/Grain • Vegetable • Fruit OR Vegetable #2 • Milk		Choose 2 of the 5: • Meat/Meat Alternate • Bread/Grain • Vegetable • Fruit • Milk		• Meat/Meat Alternate • Bread/Grain • Vegetable • Fruit OR Vegetable #2 • Milk		Choose 2 of the 5: • Meat/Meat Alternate • Bread/Grain • Vegetable • Fruit • Milk	
Monday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Tuesday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Wednesday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Thursday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Friday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Saturday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	
Sunday DATE	1.____ 2.____ 3.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____		1.____ 2.____ 3.____ 4.____ 5.____		1.____ 2.____	

- **Meals and attendance must be entered into KidKare at least once a week.**
- **Having computer problems? Call Day Care Resources at (309) 925-2274.**

Weekly Attendance Worksheet

Claim Month:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Name	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out	B A L P D E In/Out In/Out