

## APRIL 2011 E-Z MENU PLANNER

Provider's Name: \_\_\_\_\_

Provider's Number: \_\_\_\_\_

\*List all 100% fruit/veg. juices served this month:

\*List all cereals served this month:

\*List all crackers served this month:

\*List all cookies served this month:

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\*Please consult your food chart and food program manual for crediting information.

	April Week 1	Sunday March 27	Monday March 28	Tuesday March 29	Wednesday March 30	Thursday March 31	Friday April 1	Saturday 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas pancakes	milk 100% juice cereal	milk fruit cocktail toast	milk potatoes bagel	milk bananas toast	milk 100% juice cereal	milk pears pancakes
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	fruit cocktail milk	pineapple toast	cheese crackers	eggs milk	cottage cheese pears	cookies milk	fruit cocktail crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk ham pineapple potatoes bread	milk tuna hot dish lettuce carrots pasta	milk ham split pea soup banana crackers	milk grilled cheese tomato soup pineapple bread	milk ground beef sloppy joes carrots fruit cocktail bun	milk sausage lettuce salad potatoes bun	milk cottage cheese pineapple banana bagel
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast peanut butter	bagel milk	cookies 100% juice	peanut butter bananas	cereal milk	toast 100% juice	peanut butter bun
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk tuna carrots pears bread	milk peanut butter cottage cheese w/pears split pea soup bread	milk ground beef sloppy joes pineapple carrots bun	milk sausage lettuce salad pears bread	milk cheese omelet potatoes pineapple toast	milk meatballs tomato sauce lettuce salad pasta	milk grilled tuna & cheese tomato soup carrots bread

You must verify all food items meet Program guidelines by reviewing the product label, CN label, product analysis sheet or recipe prior to serving the food.

April Week 2		Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk grapefruit quick bread	milk banana bagel	milk apples cinnamon roll	milk 100% juice cereal	milk pineapple French toast	milk 100% juice cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	broccoli yogurt dip	apples cheese	toast 100% juice	yogurt banana	grapefruit crackers	peaches milk	cheese crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk cheese pizza pineapple apple crust	milk ham peaches broccoli bagel	milk fish apples corn rice	milk chicken baked beans peaches bread	milk meatballs spaghetti sauce broccoli pasta	milk cheese pizza corn apples crust	milk HM chicken soup banana yogurt w/pineapple pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	banana crackers	toast 100% juice	cinnamon roll milk	bread sticks spaghetti sauce	bagel cheese	quick bread 100% juice	bagel milk
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk ham corn peaches bread	milk chicken potatoes apples rice	milk meatballs spaghetti sauce broccoli pasta	milk fish potatoes pineapple bread sticks	milk grilled cheese baked beans apples bread	milk yogurt banana broccoli crackers	milk French toast (1 egg per child) grapefruit potatoes bread

April Week 3		Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk plums English muffin	milk strawberries pancakes	milk 100% juice cereal	milk oranges toast	milk 100% juice cereal	milk applesauce pancakes
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	pears milk	cookies 100% juice	celery peanut butter	oranges crackers	applesauce milk	cheese crackers	English muffin pizza w/cheese and spaghetti sauce
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk meatloaf potatoes oranges bread	milk tuna celery sticks applesauce English muffin	milk chicken cabbage salad oranges bread	milk ground beef taco lettuce salad pears taco shell	milk grilled cheese strawberries lettuce salad bread	milk hot dogs peas potatoes bun	milk egg salad oranges tomato bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	cheese crackers	cereal milk	taco shells (broken) melted cheese	applesauce toast	100% juice cookies	English muffin peanut butter	toast 100% juice
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken cabbage salad plums bread	milk hot dogs potatoes lettuce salad buns	milk tuna hotdish peas applesauce pasta	milk chicken tomatoes strawberries bread	milk egg omelet celery potatoes English muffins	milk meatballs spaghetti sauce plums pasta	milk tuna hotdish peas peas pasta

	April Week 4	Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk banana waffles	milk apple toaster pastry	milk 100% juice cereal	milk banana toast	milk 100% juice cereal	milk peaches waffles
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	apples crackers	cookies 100% juice	peaches rice cakes	bananas milk	carrot sticks cheese	rice cakes milk	toast 100% juice
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk sausage green beans apples bun	milk turkey peaches corn bread dressing	milk ground beef sloppy joes grapes carrots bun	milk egg salad green beans grapes bread	milk refried beans mixed vegetables cantaloupe tortilla	milk cheese pizza apples carrots crust	milk ham grapes green beans bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	waffles peanut butter	rice cakes 100% juice	apples cheese	toast peanut butter	hard boiled eggs crackers	cookies milk	toaster pastries 100% juice
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk turkey cantaloupe mixed vegetables bread dressing	milk cheese pizza carrot sticks apples crust	milk scrambled eggs bananas peaches waffles	milk sausage mixed vegetables cantaloupe bun	milk ground beef sloppy joes grapes apples bun	milk ham green beans bananas bread	milk refried beans corn apples tortilla

	April Week 5	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas pancakes	milk 100% juice cereal	milk fruit cocktail muffin	milk cantaloupe pancakes	milk bananas toast	milk 100% juice cereal	milk apricots toast
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast 100% juice	banana milk	yogurt toast	egg salad crackers	muffin 100% juice	cheese dip broccoli & cauliflower	cookies 100% juice
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk corn dogs fruit cocktail peas bread	milk bbq pork tossed salad potatoes bread	milk tuna salad peas cantaloupe pasta	milk HM mac & cheese yogurt w/kiwi broccoli pasta	milk cold cuts tomatoes cantaloupe sub bun	milk corn dogs fruit cocktail cauliflower bread	milk chef's salad cold cuts & cheese lettuce & tomato kiri crackers
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	soft pretzels 100% juice	cheese crackers	toast 100% juice	muffins milk	yogurt cookies	soft pretzels cheese	cereal milk
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk pork roast cauliflower apricots bread	milk tuna bananas broccoli pasta	milk eggs kiwi potatoes muffin	milk cold cuts lettuce salad cauliflower sub bun	milk grilled cheese apricots peas bread	milk yogurt kiwi cantaloupe crackers	milk HM mac & cheese w/tuna fruit cocktail broccoli pasta

## APRIL SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	cheese cottage cheese milk	cheese milk yogurt	cheese milk	cheese milk	cheese milk yogurt
<b>MEAT</b>	eggs ground beef ham sausage tuna	cheese pizza chicken eggs fish ground beef ham	chicken eggs ground beef hot dogs tuna	cheese pizza eggs ground beef ham refried beans sausage turkey	cold cuts corn dogs eggs pork roast tuna
<b>FRUITS &amp; VEGETABLES</b>	100% juice bananas carrots fruit cocktail lettuce pears pineapple potatoes split pea soup tomato sauce tomato soup	100% juice apples baked beans bananas broccoli corn grapefruit peaches pineapple potatoes spaghetti sauce	100% juice applesauce cabbage celery lettuce oranges pears peas plums potatoes spaghetti sauce strawberries tomatoes	100% juice apples bananas cantaloupe carrots corn grapes green beans mixed vegetables peaches tomato sauce	100% juice apricots bananas broccoli cantaloupe cauliflower fruit cocktail kiwi lettuce peas potatoes tomatoes
<b>BREADS &amp; CEREALS</b>	bagels bread cereal hamburger buns pancakes pasta sausage buns	bagel bread bread sticks cereal cinnamon roll French toast pasta quick bread rice	bread cereal English muffins hot dog buns pancakes pasta taco shells	bread dressing bread cereal hamburger bun rice cakes sausage buns toaster pastries tortilla waffles	bread cereal muffins pancakes pasta soft pretzels sub buns
<b>STAPLES &amp; MISC.</b>	cookies crackers peanut butter	crackers	cookies crackers peanut butter	cookies crackers peanut butter	cookies crackers

I hereby certify that I am not participating on any other USDA Child Care Food Program. I certify that to the best of my knowledge, this information is Accurate in all respects. I understand this information is provided in connection with the receipt of federal funds and may be verified. I also understand that deliberate misrepresentation may result in state or federal prosecution.

X \_\_\_\_\_  
Signature of care provider

DATE: \_\_\_\_\_