

DECEMBER 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:

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

December Week 1		Sunday Nov. 27	Monday Nov. 28	Tuesday Nov. 29	Wednesday Nov. 30	Thursday Dec. 1	Friday Dec. 2	Saturday Dec. 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk fruit cocktail pancakes	milk banana toast	milk 100% juice cereal	milk apple pancakes	milk 100% juice cereal	milk apples toast
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	fruit cocktail crackers	apples peanut butter	milk cookies	cheese crackers	100% juice toast	milk apples	milk cereal
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken sweet potatoes kiwi rice	milk split pea soup banana celery sticks crackers	milk tuna broccoli pears bread	milk hot dogs sweet potatoes fruit cocktail buns	milk grilled cheese kiwi pears bread	milk chicken taco celery bananas taco shell	milk eggs pears kiwi pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	cookies 100% juice	crackers kiwi	100% juice pancakes	peanut butter celery	100% juice cheese	peanut butter toast	cheese taco shell
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hot dogs lettuce salad broccoli buns	milk tuna casserole sweet potatoes pears pasta	milk split pea soup apples celery sticks bread	milk ham pears broccoli rice	milk chicken tomato bananas pasta	milk ham & cheese sweet potatoes celery sticks bread	milk chicken noodle soup lettuce salad apples pasta

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.

December Week 2		Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk apples muffins	milk 100% juice cereal	milk oranges toast	milk bananas muffins	milk oranges toast	milk 100% juice cereal	milk apples muffins
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	rice cakes 100% juice	cheese hamburger bun	cottage cheese peaches	apples crackers	milk cookies	100% juice muffins	milk toast
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk fish green beans oranges bread	milk meatballs spaghetti sauce peaches pasta	milk pork chops whole cranberry sauce potatoes bread	milk HM mac & cheese bananas w/ cottage cheese green beans pasta	milk hamburgers squash apples bun	milk cottage cheese carrot sticks bananas crackers	milk turkey apple green beans bread stuffing
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	bananas toast	milk muffins	cheese rice cakes	100% juice cookies	milk cereal	oranges rice cakes	cheese crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk cottage cheese peaches carrot sticks crackers	milk pork chops potatoes green beans bread stuffing	milk fish squash apples bread	milk meatloaf peaches carrots pasta	milk grilled cheese tomato soup bananas bread	milk turkey whole cranberry sauce potatoes bread stuffing	milk meatballs spaghetti sauce green beans pasta

December Week 3		Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk oranges bagels	milk 100% juice cereal	milk banana toast	milk oranges french toast	milk 100% juice cereal	milk oranges bagels
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	crackers oranges	milk plums	peanut butter crackers	yogurt banana	milk bagels	milk toast	tomato soup crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk meatloaf sweet potatoes plums bread	milk hamburger goulash banana peas pasta	milk peanut butter yogurt w/ bananas mixed veggies bread	milk grilled cheese tomato soup plums bread	milk turkey sweet potatoes apricots buns	milk corn dogs cabbage salad apricots breading	milk eggs bananas plums toast
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast milk	peanut butter bananas	cookies milk	bagels yogurt	cookies 100% juice	turkey bun	peanut butter crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk corn dogs peas apricots breading	milk turkey cabbage salad oranges bread	milk hamburgers peas sweet potatoes bun	milk eggs mixed veggies plums toast	milk yogurt oranges bananas bagels	milk hm mac & cheese yogurt w/ apricots peas pasta	milk turkey noodle soup oranges mixed veggies pasta

December Week 4		Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk apples waffles	milk banana toast	milk 100% juice cereal	milk banana waffles	milk 100% juice toast	milk peaches cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	apple slices peanut butter	banana toast	cheese crackers	peaches yogurt	100% juice toast	apple slices cheese	rice milk
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken corn apples rice	milk chili-hamburger peaches tomato sauce crackers	milk chicken corn apples bread	milk grilled ham & cheese banana peas bread	milk hamburger sloppy joes apples lettuce salad bun	milk egg salad banana peas bread	milk hamburgers potatoes peaches bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice toast	cookies milk	yogurt bananas	waffles peanut butter	cheese crackers	100% juice cookies	peanut butter toast
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chili-hamburger banana tomato sauce bread	milk ham peas apples rice	milk cheese omelet potatoes peaches waffles	milk meatloaf corn apples bread	milk chicken peas peaches rice	milk hamburger sloppy joes lettuce salad corn bun	milk yogurt apples bananas crackers

December Week 5		Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk apple muffin	milk banana toast	milk 100% juice cereal	milk orange muffin	milk banana waffles	milk 100% juice cereal	milk banana toast
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast 100% juice	cookies milk	peanut butter banana	cookies 100% juice	yogurt crackers	waffles peanut butter	milk cereal
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburger hotdish tater tots peas bread	milk chicken apples cabbage salad rice	milk corn dogs baked beans broccoli breading	milk hamburger hotdish tater tots carrots bread	milk chicken apples peas pita bread	milk cheese pizza bananas carrots crust	milk hamburger apples baked beans bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	apples peanut butter	yogurt banana	muffin milk	egg salad pita bread	toast 100% juice	milk cereal	peanut butter crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken cabbage salad broccoli rice	milk corn dog peas oranges breading	milk eggs kiwi bananas pita bread	milk peanut butter sandwich yogurt w/apples carrots bread	milk cheese pizza broccoli kiwi crust	milk hamburger sloppy joes apples peas hamb. buns	milk yogurt kiwi oranges waffles

DECEMBER SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	cheese milk	cheese cottage cheese milk	cheese milk yogurt	cheese milk yogurt	milk yogurt
MEAT	eggs tuna ham chicken hot dogs split pea soup	fish hamburger pork chops turkey	corn dogs eggs hamburger turkey	chicken eggs ham hamburger	cheese pizza chicken corn dogs eggs hamburger
FRUITS & VEGETABLES	100% juice apple bananas broccoli celery fruit cocktail kiwi lettuce pears sweet potatoes tomato	100% juice apples bananas carrots cranberries green beans oranges peaches potatoes spaghetti sauce squash tomato soup	100% juice apricots bananas cabbage mixed veggies oranges peas plums sweet potatoes tomato soup	100% juice apples beans bananas corn lettuce peaches peas potatoes tomato sauce	100% juice apples baked beans bananas broccoli cabbage carrots kiwi oranges peas tater tots tomato sauce
BREADS & CEREALS	bread cereal hot dog buns pancakes pasta rice taco shells	bread bread stuffing cereal hamburger buns muffins pasta rice cakes	bagel bread cereal hamburger buns pasta	bread cereal hamburger buns rice waffles	bread cereal hamburger buns muffins pita bread rice waffles
STAPLES & MISC.	cookies crackers peanut butter	cookies crackers	cookies crackers peanut butter	cookies crackers peanut butter	cookies crackers peanut butter

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: _____

HAPPY 2012 !!!!