

## JULY 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.

	July Week 1	Sunday June 26	Monday June 27	Tuesday June 28	Wednesday June 29	Thursday June 30	Friday July 1	Saturday 2
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk oranges bagels	milk pears muffins	milk mixed fruit french toast sticks	milk 100% juice hot cereal	milk grapes waffles	milk 100% juice muffins
<b>Am Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk rice krispie bars	100% vegetable juice cheese	peanut butter toast	yogurt strawberries	bagel milk	french toast sticks 100% juice	yogurt peaches
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers baked beans lettuce & tomato buns	milk hot dogs coleslaw grapes bun	milk tuna mixed veggies strawberries bread	milk chicken broccoli oranges bread	milk hot dogs baked beans strawberries bun	milk cheese lettuce salad oranges bread	milk eggs strawberries potatoes bagel
<b>PM Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	crackers cheese	100% juice waffles	milk cookies	milk muffins	100% vegetable juice crackers	mixed fruit cup cinnamon toast	grapes tuna on crackers
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk grilled cheese lettuce salad pears bread	milk eggs peaches broccoli bagel	milk sausage potatoes oranges waffles	milk hamburger lettuce & tomato peaches bun	milk chicken coleslaw mixed veggies bun	milk meatloaf potatoes strawberries bread	milk sausage broccoli oranges bun

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.

July 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 mixed fruit pancakes	milk banana cinnamon roll	milk 100% juice bagel	milk apricots English muffin	milk 100% juice pancakes	milk blueberries waffles (blueberries cannot be in waffles)	milk apples french toast sticks
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	yogurt crackers	yogurt dip carrot & celery sticks	milk cookies	milk french toast sticks	bagel peanut butter	100% juice crackers	banana tortilla
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburger casserole corn blueberries macaroni	milk ham lettuce & tomato peas bread	milk grilled cheese apples bananas bread	milk meatballs potatoes corn bagel	milk fish lettuce salad apricots bun	milk chicken potatoes peas bread	milk tuna salad carrots & celery sticks apricots macaroni
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk cookies	English muffins peanut butter	milk pancakes	hard boiled eggs toast	milk cinnamon rolls	HM banana milkshake	English muffins cheese
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk tuna lettuce carrots bun	milk HM mac & cheese with tuna peas apple slices macaroni	milk chicken corn apricots bread	milk cheese lettuce & tomato banana tortilla	milk ham potato carrots waffles	milk hard boiled eggs apples peas toast	milk fish potato salad blueberries bun

July 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 apple hot cereal	milk melon muffin	milk banana cereal	milk peaches bagel	milk strawberries toast	milk bananas muffins	milk 100% juice cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	strawberries graham crackers	string cheese 100% juice	melon crackers	peanut butter toast	milk muffin	100% juice granola bars	grapes (try them frozen) graham crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk egg salad green beans melon pita bread	milk hamburgers strawberries broccoli buns	milk bologna cauliflower fruit cocktail bread	milk turkey broccoli apple toast	milk hamburgers potatoes melon bun	milk turkey cauliflower fruit cocktail bagel	milk sausage green beans apple buns
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk bagel	peaches biscuits	peanut butter toast	yogurt strawberries	milk cookies	string cheese wheat crackers	milk french fries
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers grapes cauliflower buns	milk grilled cheese apples green beans bread	milk scrambled eggs potatoes strawberries biscuits	milk tuna salad grapes green beans pita bread	milk sausage peaches broccoli bagel	milk bologna potatoes grapes bun	milk tuna mixed fruit broccoli pita bread

	July 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 strawberries English muffin	milk apples pancakes	milk 100% juice cinnamon toast	milk apples cereal	milk peaches waffles	milk strawberries cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	yogurt pears	milk rice cakes	100% juice soft pretzels	grapes graham crackers	pears cottage cheese	hard boiled eggs crackers	milk granola bar
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk fish sticks french fries apple bread	milk eggs green beans peaches pancakes	milk roast beef mixed fruit broccoli bread	milk hamburgers potatoes strawberries buns	milk yogurt broccoli peaches crackers	milk tuna salad grapes strawberries pasta	milk chicken potatoes green beans bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk cookies	100% juice soft pretzels	cheese crackers	milk pears	rice cakes peanut butter	tortilla cheese	100% juice graham crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk roast beef potatoes broccoli bread	milk hamburgers potatoes strawberries bun	milk tuna w/cheese corn grapes English muffin	milk chicken peaches mixed fruit pasta	milk egg salad pears corn tortilla	milk fish sticks potatoes green beans English muffins	milk cottage cheese peaches apple slices waffles

	July 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 plums toast	milk blueberries cereal	milk 100% juice muffin	milk mixed fruit French toast	milk strawberries cold cereal	milk nectarine bagel	milk blueberries* waffles
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice doughnuts	yogurt strawberries	kiwi crackers	milk muffins	100% juice graham crackers	milk doughnuts	milk bagel
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk corn dog carrots kiwi breading	milk turkey plums tomato slices bread	milk hamburger tomato & lettuce melon taco shell	milk chicken nuggets cucumbers blueberries rice	milk eggs potatoes nectarine bread	milk cheese pizza lettuce salad kiwi crust	milk eggs cucumbers blueberries muffin
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	cheese taco shells	100% juice bagel	milk cookies	peanut butter carrot sticks	milk cinnamon toast	yogurt strawberries	milk cookies
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers lettuce & tomato nectarine bun	milk eggs strawberries melon waffles	milk turkey potato salad carrots bun	milk corn dogs strawberries kiwi breading	milk cheese pizza carrots melon crust	milk chicken nuggets tomatoes plums rice	milk grilled cheese melon kiwi bread

\* Blueberries must be served separately, not as part of the waffles.

## JULY SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	cheese milk yogurt	cheese milk yogurt	cheese milk string cheese yogurt	cheese milk cottage cheese yogurt	milk cheese yogurt
<b>MEAT</b>	chicken eggs hamburger hot dogs sausage tuna	chicken eggs fish ham hamburger tuna	bologna eggs hamburger sausage tuna turkey	chicken eggs fish sticks hamburgers roast beef tuna	cheese pizza chicken nuggets corn dogs eggs hamburger turkey
<b>FRUITS &amp; VEGETABLES</b>	100% juice (fruit & veg.) baked beans broccoli cabbage grapes lettuce mixed veggies oranges peaches pears potatoes strawberries tomatoes	100% juice apples apricots bananas blueberries carrots celery corn lettuce peas potatoes tomatoes	100% juice apples bananas broccoli cauliflower French fries fruit cocktail grapes green beans melon peaches potatoes strawberries	100% juice apples broccoli corn French fries grapes green beans peaches pears potatoes strawberries	100% juice blueberries carrots cucumbers kiwi lettuce melon nectarines plums potatoes strawberries tomatoes tomato sauce
<b>BREADS &amp; CEREALS</b>	bagel bread buns cereal French toast sticks muffins waffles	bagels bread buns cinnamon rolls English muffins French toast sticks macaroni pancakes tortillas waffles	bagels biscuits bread buns cereal (hot & cold) muffins pita bread	bread buns cereal English muffins pancakes pasta rice cakes tortillas waffles	bagels buns bread cereal doughnuts muffins rice taco shells waffles
<b>STAPLES &amp; MISC.</b>	cookies crackers peanut butter	cookies crackers peanut butter	cookies crackers graham crackers granola bars peanut butter	cookies crackers graham crackers granola bars peanut butter soft pretzels	cookies crackers graham crackers peanut butter

July 31- Breakfast: milk, pineapple, English muffin AM snack: milk, rice cakes Lunch: milk, hot dogs, baked beans, apple, bun PM snack: 100% juice, crackers Dinner: milk, fish, carrots, pineapple, English muffins

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:** \_\_\_\_\_