

JUNE 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.

JUNE Week 1		Sunday May 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas sweet rolls	milk 100% juice cereal	milk strawberries toast	milk apples waffles	milk 100% juice cereal	milk fruit cocktail quick bread	milk 100% juice sweet roll
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice bread sticks	yogurt strawberries	100% juice toast	milk quick bread	tortilla cheese	100% juice crackers	milk pasta
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	milk ham strawberries potatoes bread	milk hot dogs apples french fries bun	milk spaghetti meatballs tomato sauce lettuce salad pasta	milk burritos w/ ground beef & cheese tomatoes peaches tortilla	milk fried egg sandwich potatoes tomatoes bread	milk pepperoni & cheese pizza strawberries apples crust	milk hamburgers broccoli lettuce & tomato bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	apple cheese	milk ham sandwich	100% juice hot dog slices	banana waffles	yogurt peaches	milk cookies	100% juice crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	milk hamburgers french fries peaches bun	milk pepperoni & cheese pizza lettuce salad peaches crust	milk taco salad w/ ground beef lettuce & tomato strawberries bread sticks	milk hot dogs broccoli fruit cocktail bun	milk chef's salad w/ ham & cheese lettuce fruit cocktail bread sticks	milk sloppy joes w/ ground beef banana peaches bun	milk ham & cheese on baked potato broccoli tortilla chips

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.

JUNE Week 2		Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk blueberries pancakes (blueberries cannot be in pancakes)	milk 100% juice cereal	milk kiwi muffin	milk 100% juice toast	milk apple bagel	milk blueberries pancakes (blueberries cannot be in pancakes)
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	crackers cheese	cucumbers yogurt	100% juice cottage cheese	tortilla cheese	yogurt apples	milk cookies	apples peanut butter
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk sausage pizza apples green beans crust	milk fish kiwi cauliflower crackers	milk grilled cheese sandwich apples lettuce salad bread	milk cottage cheese blueberries green beans bread sticks	milk turkey potatoes apples bread	milk sausage pizza lettuce salad frozen 100% juice bar crust	milk turkey salad tomato green beans pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice cookies	tortilla cheese	milk bread sticks	peanut butter crackers	cottage cheese blueberries	kiwi bagel	100% juice muffin
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk turkey lettuce salad cauliflower bun	milk scrambled eggs cucumber potatoes toast	milk pork green beans blueberries bread	milk fish lettuce & tomato potato salad bun	milk chef's salad w/ turkey & cheese lettuce & tomato cucumbers bread sticks	milk BBQ's w/ pork mixed fruit cauliflower bun	milk HM mac & cheese lettuce salad kiwi w/ cottage cheese pasta

JUNE Week 3		Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk banana toaster pastry	milk 100% juice cereal	milk applesauce french toast	milk banana muffin	milk peaches toast	milk 100% juice cereal	milk grapes English muffin
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice toast	cheese crackers	milk cereal	peanut butter toast	100% juice crackers	milk English muffin	milk banana
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk meatloaf w/ ground beef cabbage salad watermelon pasta	milk hot dog corn grapes bun	milk grilled tuna & cheese sandwich cabbage salad peaches bread	milk tacos w/ ground beef lettuce & tomato corn taco shell	milk mac & cheese w/ hot dog pieces applesauce lettuce salad pasta	milk hamburger pizza watermelon frozen 100% juice bar crust	milk hamburgers tomato cabbage salad bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	taco shell cheese	milk muffin	frozen 100% juice bar cheese	hot dog bun	milk toaster pastries	bananas peanut butter	cheese crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk tuna peaches grapes bread	milk hamburgers watermelon tomatoes bun	milk chicken corn grapes rice	milk tuna & cheese salad cabbage salad watermelon pasta	milk hamburger pizza banana corn crust	milk french toast (1 egg per child) applesauce bread	milk chicken peaches lettuce salad rice

JUNE Week 4		Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk apples toaster pastry	milk 100% juice cereal	milk oranges toast	milk strawberries muffins	milk apple bagel	milk 100% juice cereal	milk strawberries muffins
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	yogurt pears	cheese bagels	cookie 100% juice	yogurt carrot & celery sticks	peanut butter apple slices	pineapple bagel	toaster pastry 100% juice
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk quiche (eggs) green beans oranges crust	milk cold cut sandwich carrot & celery sticks pears bread	milk egg salad apples green beans bread	milk corn dog pears peas bread	milk fish raw vegetables watermelon pasta	milk hamburgers oranges strawberries bun	milk grilled cheese tomatoes watermelon bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice toast	apples peanut butter	milk cereal	cold cuts bread	mixed fruit cup crackers	milk toast	pears cheese
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk spaghetti meatballs tomato sauce pears pasta	milk BLT w/ cheese apples carrot sticks w/ peanut butter bread	milk cheese pizza oranges pears crust	milk fish pineapple green beans bun	milk grilled cheese strawberries oranges bread	milk corn dog carrots peas bread	milk yogurt strawberries pineapple crackers

JUNE Week 5		Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday July 1	Saturday July 2
Breakfast	*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
Am Snack	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
Lunch	*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
PM Snack	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
Supper	*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

JUNE SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	cheese milk yogurt	cheese cottage cheese milk yogurt	cheese milk	cheese milk yogurt	cheese milk yogurt
MEAT	eggs ground beef ham hot dogs pepperoni pizza	eggs fish pork sausage pizza turkey	chicken eggs ground beef hamburger pizza hot dogs tuna	bacon (does not credit) cheese pizza cold cuts corn dogs eggs fish ground beef	chicken eggs hamburger hot dogs sausage tuna
FRUITS & VEGETABLES	100% juice apples bananas broccoli french fries fruit cocktail lettuce peaches potatoes strawberries tomato sauce tomatoes	100% juice apples blueberries cauliflower cucumber green beans kiwi lettuce pizza sauce potatoes tomatoes	100% juice applesauce bananas cabbage corn grapes lettuce peaches tomatoes watermelon	100% juice apples carrots celery green beans oranges pears peas pineapple strawberries tomato sauce tomatoes watermelon	100% juice (fruit & veg.) baked beans broccoli cabbage grapes lettuce mixed veggies oranges peaches pears potatoes strawberries tomatoes
BREADS & CEREALS	bread stick bread buns cereal pasta quick bread sweet rolls tortilla tortilla chips waffles	bagels bread sticks bread buns cereal muffins pancakes pasta tortillas	bread buns cereal English muffins muffins pasta rice taco shells toaster pastry	bagel bread bun cereal muffins pasta quiche crust toaster pastry	bagel bread buns cereal French toast sticks muffins waffles
STAPLES & MISC.	cookies crackers	cookies crackers peanut butter	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 child care provider

DATE: _____