

MARCH 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.

| March Week 1 | Sunday Feb. 27 | Monday Feb. 28 | Tuesday March 1 | Wednesday 2 | Thursday 3 | Friday 4 | Saturday 5 |
|------------------|--|--|--|--|---|---|--|
| Breakfast | milk 100% juice cereal | milk grapes muffins | milk 100% juice bagel | milk peaches cereal | milk pineapple cinnamon rolls | milk applesauce French toast | milk pineapple toast |
| Am Snack | milk bagel | crackers 100% juice | milk cookies | tortilla cheese | bread sticks milk | soft pretzel 100% juice | cheese crackers |
| Lunch | milk hamb (hotdish) corn grapes noodles | milk beans & cheese broccoli applesauce tortilla | milk chicken tossed salad pineapple stuffing | milk hamburger French fries grapes bun | milk peanut butter peaches w/cottage cheese corn bread | milk fish grapes broccoli buns | milk chicken corn peaches bread sticks |
| PM Snack | applesauce crackers | pineapple cottage cheese | soft pretzel peanut butter | milk cookies | broccoli cheese | peaches cinnamon rolls | muffins milk |
| Supper | milk fish broccoli tossed salad bread sticks | milk chicken corn peaches stuffing | milk beans & cheese grapes applesauce tortilla | milk tuna corn pineapple noodles | milk grilled cheese French fries broccoli bread | milk tacos (hamb) lettuce & tomato applesauce tortilla | milk tuna French fries broccoli 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.

| March Week 2 | | Sunday 6 | Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 | Saturday 12 |
|-----------------|---|---|---|---|---|--|---|---|
| | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate Breakfast | milk strawberries pancakes | milk bananas English muffin | milk apples cereal | milk oranges pancakes | milk 100% juice bagel | milk apples quick bread | milk strawberries cereal |
| | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate Am Snack | English muffins cheese | 100% juice crackers | milk quick bread | soft pretzel 100% juice | ham biscuits | oranges crackers | bananas yogurt |
| | *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate Lunch | milk sausage bananas carrots bagel | milk scrambled eggs apples potatoes toast | milk hamburgers corn bananas buns | milk ham carrots raisins bread | milk chicken green beans oranges bun | milk roast beef potatoes carrots biscuits | milk chicken corn oranges bread |
| | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate PM Snack | milk cereal | peanut butter bread | yogurt dip carrots | apple cheese | cookies 100% juice | milk soft pretzel | English muffins cheese |
| | *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate Supper | milk split pea soup corn oranges crackers | milk hamburger sloppy joes tomato sauce bananas buns | milk chicken green beans raisins biscuits | milk egg salad corn strawberries buns | milk sausage potatoes raisins pancakes | milk split pea soup bananas carrots bread | milk roast beef apples green beans biscuits |

| March Week 3 | | Sunday 13 | Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 | Saturday 19 |
|-----------------|---|---|---|--|--|--|---|--|
| | *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate Breakfast | milk fruit cocktail toast | milk 100% juice cereal | milk bananas French toast sticks | milk fruit cocktail toast | milk tangerine bagel | milk apples cereal | milk tangerines toast |
| | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate Am Snack | cheese apples | boiled egg 100% juice | banana milk | rice cake peanut butter | French toast sticks 100% juice | cookies milk | yogurt 100% juice |
| | *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate Lunch | milk corn dog pears peas breading | milk roast beef veg. soup tangerines bun | milk tuna hotdish apple peas noodles | milk turkey bananas tangerine rice | milk corn dogs potatoes apples breading | milk tuna peas fruit cocktail cornbread | milk grilled cheese apples cauliflower bread |
| | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate PM Snack | rice cakes cheese | milk cornbread | apples yogurt | milk bagel | veg soup crackers | milk tangerines | fruit cocktail crackers |
| | *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate Supper | milk tuna apples tangerines rice | milk grilled cheese fruit cocktail peas bread | milk cheese pizza apples cauliflower crust | milk scrambled eggs potatoes pears toast | milk cheese pizza cauliflower peas crust | milk bbq beef potatoes apples bun | milk turkey bananas pears noodles |

| March Week 4 | Sunday 20 | Monday 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 | Saturday 26 |
|---|---|---|--|--|--|--|---|
| Breakfast *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate | milk apples pancakes | milk 100% juice cereal | milk banana toast | milk apples pancakes | milk 100% juice cereal | milk plums toast | milk 100% juice cereal |
| Am Snack Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate | cheese crackers | toast peanut butter | roast beef bun | 100% juice crackers | apples cheese | yogurt bananas | milk carrot sticks |
| Lunch *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate | milk chicken plums corn bread | milk tuna casserole peas bananas pasta | milk chicken soup carrots apples pasta | milk meatloaf sweet potatoes plums bread | milk beef soup celery bananas brown rice | milk hamburgers corn carrots bun | milk peanut butter sandwich yogurt/bananas plums bread |
| PM Snack Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate | banana peanut butter | cheese crackers | yogurt bananas | cookies milk | tomato soup grilled cheese sandwich | milk cookies | 100% juice cereal |
| Supper *Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate | milk tuna carrots peas pasta | milk roast beef sweet potatoes celery bread | milk meatloaf corn peas bread | milk beef soup celery apples brown rice | milk chicken peas carrots pasta | milk grilled cheese sandwich tomato soup apples bread | milk tuna corn carrots bun |

| March Week 5 | Sunday 27 | Monday 28 | Tuesday 29 | Wednesday 30 | Thursday 31 | Friday April 1 | Saturday April 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 cracker |
| 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 | 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 |

MARCH SHOPPING LIST

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|--------------------------------|--|---|---|--|--|
| DAIRY | cheese cottage cheese milk | cheese milk yogurt | cheese milk yogurt | cheese milk yogurt | cheese cottage cheese milk |
| MEAT | beans chicken fish ground beef tuna | chicken eggs ground beef ham roast beef sausage split pea soup | cheese pizza corn dogs eggs roast beef tuna turkey | chicken ground beef roast beef tuna | eggs ground beef ham sausage tuna |
| FRUITS & VEGETABLES | 100% juice applesauce broccoli corn French fries grapes lettuce & tomato peaches pineapple | 100% juice apples bananas carrots corn green beans oranges potatoes raisins strawberries tomato sauce | 100% juice apples bananas cauliflower fruit cocktail pears peas potatoes tangerines vegetable soup | 100% juice apples bananas carrots celery corn peas plums sweet potatoes tomato soup | 100% juice bananas carrots fruit cocktail lettuce pears pineapple potatoes split pea soup tomato sauce tomato soup |
| BREADS & CEREALS | bagel bread bread sticks buns cereal cinnamon rolls muffins noodles soft pretzel stuffing tortilla | bagel biscuits bread cereal English muffins hamburger buns pancakes quick bread soft pretzel | bagel bread buns cereal cornbread French toast sticks noodles rice rice cakes | bread brown rice buns cereal pancakes pasta | bagels bread cereal hamburger buns pancakes pasta sausage buns |
| STAPLES & MISC. | cookies crackers peanut butter | cookies crackers peanut butter | 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 _____ **DATE:** _____
Signature of care provider

