

MAY 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.

May Week 1		Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk pineapple coffee cake	milk 100% juice cereal	milk peaches bagels	milk banana toast	milk mixed fruit graham crackers	milk 100% juice cereal	milk apples quick bread
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	cheese crackers	granola bar milk	biscuits milk	graham crackers yogurt	apple peanut butter	yogurt crackers	mixed fruit milk
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk pork roast potatoes broccoli bread	milk creamed tuna peas apples biscuits	milk bbq pork potatoes pineapple bun	milk roast beef mixed fruit broccoli bread	milk corn dogs gelatin w/bananas peas breading	milk cheese pizza apples broccoli crust	milk turkey peaches cucumber bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk cereal	coffee cake 100% juice	tortilla peanut butter	pineapple milk (HM milkshake)	bagel cheese	quick bread milk	granola bar 100% juice
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk corn dog apple peas breading	milk cheese yogurt w/ peaches cucumber slices tortilla	milk roast beef broccoli bananas bread	milk cheese pizza peaches peas crust	milk tuna mixed fruit cucumbers bread	milk turkey potatoes peas bun	milk yogurt banana peaches bagel

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.

	May Week 2	Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk strawberries pancakes	milk 100% juice cereal	milk potatoes toast	milk blueberries pancakes (berries cannot be in pancakes)	milk 100% juice rice	milk bananas cereal	milk 100% juice toast
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	peanut butter banana	ham crackers	eggs 100% juice	celery cheese	carrot sticks peanut butter	toast plums	cookies milk
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken cabbage salad plums rice	milk quiche (eggs) strawberries corn pie crust	milk ham pears celery bread	milk meatloaf potatoes carrots bread	milk HM mac and cheese cabbage salad blueberries and cottage cheese pasta	milk sloppy joes (ground beef) corn carrots and celery bun	milk cottage cheese strawberries pears crackers
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast 100% juice	cheese crackers	cereal milk	cottage cheese 100% juice	cheese bun	cookies milk	banana peanut butter
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk ham potatoes carrots bread	milk chicken salad celery blueberries pasta	milk meatloaf cabbage salad plums bread	milk chicken corn strawberries rice	milk hamburgers carrots & celery potatoes buns	milk HM mac & cheese cottage cheese & pears corn pasta	milk scrambled eggs potatoes blueberries pancakes

	May Week 3	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice pancakes	milk applesauce toast	milk cantaloupe muffin	milk bananas cereal	milk 100% juice pancakes	milk banana toast	milk 100% juice cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk applesauce	milk crackers	peanut butter toast	100% juice cookies	milk bananas	cantaloupe milk	soft pretzels cheese
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk cold cut sandwich tossed salad carrot sticks bread	milk chicken cantaloupe corn roll	milk tacos (ground beef) carrot sticks applesauce taco shell	milk grilled cheese sandwich carrot sticks w/peanut butter lettuce salad bread	milk tuna & cheese cantaloupe corn pasta	milk hamburgers green beans tomato slices bun	milk fish carrots corn rice
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice cookies	bananas muffins	100% juice crackers	milk carrot sticks	100% juice pretzels	cheese crackers	toast 100% juice
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers lettuce & tomato potatoes bun	milk fish green beans cantaloupe rice	milk tuna & cheese hotdish corn lettuce salad pasta	milk chicken green beans potatoes rolls	milk taco salad w/ground beef lettuce banana saltine crackers	milk cold cuts corn potato salad bread	milk chicken cantaloupe applesauce crackers

	May Week 4	Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk fruit cocktail muffins	milk hash browns toast	milk 100% juice pancakes	milk applesauce muffins	milk bananas cold cereal	milk pineapple french toast	milk grapes pancakes
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	doughnuts 100% juice	English muffin milk	applesauce graham crackers	pineapple cookies	milk grapes	cheese soft pretzels	milk cookies
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk sausage green beans applesauce English muffin	milk ham tator tots peas bun	milk sloppy joes (hamb) melon green beans bun	milk eggs fruit cocktail bananas toast	milk meatballs green beans applesauce macaroni	milk scrambled eggs hash browns fruit cocktail biscuits	milk sliced turkey carrots melon bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	soft pretzel pineapple	milk french toast	fruit kabobs cheese	milk cereal	hard boiled egg toast	milk doughnut	oranges graham crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers melon tator tots bun	milk HM mac &cheese w/ sausage slices fruit cocktail carrots macaroni	milk taco (ground beef) tossed salad grapes taco shell	milk hot dogs broccoli fruit cocktail bun	milk chef's salad w/ ham & cheese lettuce oranges bread	milk sloppy joes w/ ground beef tator tots bananas bun	milk ham & cheese grapes broccoli tortilla

	May Week 5	Sunday 29	Monday 30	Tuesday 31	Wednesday June 1	Thursday June 2	Friday June 3	Saturday June 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 *Fruit/Vegetable *Bread/Alternate	milk ham strawberries potatoes bread	milk hot dogs apples french fries bun	milk spaghetti meat balls 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 *Fruit/Vegetable *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

MAY SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	cheese milk yogurt	cheese cottage cheese milk	cheese milk	cheese milk	cheese milk yogurt
MEAT	cheese pizza corn dogs pork roast roast beef tuna turkey	chicken eggs ground beef ham	chicken cold cuts fish ground beef tuna	cheese pizza eggs hamburger ham hot dogs sausage turkey	eggs ground beef ham hot dogs pepperoni pizza
FRUITS & VEGETABLES	100% juice apples bananas broccoli cucumbers mixed fruit peas peaches pineapple potatoes	100% juice bananas blueberries cabbage carrots celery corn pears plums potatoes strawberries tomato sauce	100% juice applesauce bananas cantaloupe carrots corn green beans lettuce potatoes tomato	100% juice applesauce bananas broccoli carrots fruit cocktail grapes green beans hash browns lettuce melon orange peas pineapple tator tots tomatoes	100% juice apples bananas broccoli french fries fruit cocktail lettuce peaches potatoes strawberries tomato sauce tomatoes
BREADS & CEREALS	bagel biscuits bread cereal coffee cake hamburger buns quick bread tortilla	bread cereal hamburger buns pancakes pasta pie crust rice	bread cereal hamburger buns muffins pancakes pasta rice rolls taco shell	biscuits bread buns cereal doughnuts English muffins macaroni muffins pancakes tortilla	bread stick bread buns cereal pasta quick bread sweet rolls tortilla tortilla chips waffles
STAPLES & MISC.	crackers gelatin (does not credit) graham crackers granola bars peanut butter	cookies crackers peanut butter	cookies crackers peanut butter soft pretzels	cookies graham crackers soft pretzels	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: _____