

## OCTOBER 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.

	October Week 1	Sunday Sept. 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday Oct. 1
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas toast	milk 100% juice cereal	milk apples muffins	milk 100% juice hot cereal	milk fruit cocktail toast	milk 100% juice hot cereal	milk bananas toast
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk cookies	toast 100% juice	milk cereal	bananas peanut butter	crackers 100% juice	celery peanut butter	fruit cocktail crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk cheese pizza bananas peas cust	milk chicken green beans apples rice	milk grilled cheese tomato soup celery w/ peanut butter bread	milk meatloaf potatoes squash bread	milk ham green beans fruit cocktail bread	milk hot dogs potatoes peas buns	milk hamburgers cauliflower celery buns
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	muffins 100% juice	crackers milk	rice pudding milk	cheese cauliflower	muffins 100% juice	cookies milk	apples toast
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken green beans cauliflower rice	milk cheeseburgers potatoes fruit cocktail bun	milk ham squash apples bread	milk hot dogs celery green beans bun	milk chicken & rice soup peas apples rice	milk ham & cheese sandwich tomato soup bananas bread	milk peanut butter sandwich apples green beans w/almonds 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.

	<b>October Week 2</b>	<b>Sunday 2</b>	<b>Monday 3</b>	<b>Tuesday 4</b>	<b>Wednesday 5</b>	<b>Thursday 6</b>	<b>Friday 7</b>	<b>Saturday 8</b>
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk raisins & apples rice	milk bananas toast	milk 100% juice cereal	milk oranges toast	milk applesauce pancakes	milk 100% juice cereal	milk bananas pancakes
<b>Am Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	crackers cheese	peanut butter celery & raisins	cookies milk	rice cakes 100% juice	crackers peanut butter	cookies 100% juice	toast peanut butter
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk turkey squash fruit cocktail bread	milk bean burritos corn oranges tortilla	milk turkey rice soup fruit cocktail celery rice	milk ground beef taco lettuce salad broccoli tortilla	milk egg salad squash lettuce salad bread	milk peanut butter celery sticks banana & yogurt bread	milk hamburger tomato corn bun
<b>PM Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	hot cereal milk	rice cakes 100% juice	tortilla cheese	hot cereal milk	yogurt 100% juice	pancakes applesauce	rice cakes cheese
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk grilled cheese oranges broccoli bread	milk hamburgers applesauce squash bun	milk eggs broccoli oranges pancakes	milk turkey sandwich corn squash bread	milk ground beef casserole broccoli tomato rice	milk french toast (1 egg/child) fruit cocktail raisins bread	milk bean burrito applesauce tomato tortilla

	<b>October Week 3</b>	<b>Sunday 9</b>	<b>Monday 10</b>	<b>Tuesday 11</b>	<b>Wednesday 12</b>	<b>Thursday 13</b>	<b>Friday 14</b>	<b>Saturday 15</b>
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk bananas muffins	milk apples waffles	milk 100% juice cereal	milk oranges toast	milk bananas hot cereal	milk peaches waffles
<b>Am Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	pumpkin seeds milk	cauliflower & carrot sticks cheese dip	bananas milk	waffles milk	apples peanut butter	toast 100% juice	cookies milk
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk ham cauliflower pineapple bread	milk chicken chow mein apples chow mein veggies rice	milk ham & cheese omelets oranges potatoes toast	milk peanut butter sandwiches w/ pumpkin seeds mixed fruit green beans bread	milk chicken noodle soup - HM carrots cauliflower noodles	milk cheese pizza peaches green beans pizza crust	milk ham & cheese sandwich carrots cabbage salad bread
<b>PM Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	muffins 100% juice	cookies milk	toast 100% juice	chow mein noodles milk	hot dog hot dog bun	milk hot cereal	milk noodles
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk chicken green beans apples bread	milk cheese pizza carrots cabbage salad crust	milk chicken noodle soup - HM pineapple bananas noodles	milk french toast (1 egg/child) potatoes apples bread	milk grilled cheese mixed fruit green beans bread	milk hot dogs potatoes oranges bun	milk chicken sandwich mixed fruit green beans bread

	<b>October Week 4</b>	<b>Sunday 16</b>	<b>Monday 17</b>	<b>Tuesday 18</b>	<b>Wednesday 19</b>	<b>Thursday 20</b>	<b>Friday 21</b>	<b>Saturday 22</b>
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk kiwi pancakes	milk bananas toast	milk 100% juice cereal	milk grapefruit toast	milk apples hot cereal	milk oranges pancakes
<b>Am Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast milk	cheese crackers	oranges milk	cookies bananas	hot cereal milk	apple peanut butter	rice w/ cinnamon milk
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk hamburgers baked beans kiwi bun	milk meatloaf potatoes apples bread	milk fish corn apples rice	milk hamburger chili kiwi navy beans crackers	milk turkey squash bananas bread dressing	milk grilled cheese tomato soup bananas bread	milk eggs grapefruit potatoes toast
<b>PM Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	bananas peanut butter	cookies 100% juice	cereal milk	peanut butter crackers	toast 100% juice	deviled eggs crackers	macaroni 100% juice
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk fish apples corn crackers	milk hot dogs tomato soup kiwi bun	milk meatloaf potatoes baked beans bread	milk turkey sandwich bananas squash bread dressing	milk HM macaroni & cheese apples w/ pb oranges macaroni	milk chili dogs kiwi potatoes buns	milk hamburgers apples baked beans bun

	<b>October Week 5</b>	<b>Sunday 23</b>	<b>Monday 24</b>	<b>Tuesday 25</b>	<b>Wednesday 26</b>	<b>Thursday 27</b>	<b>Friday 28</b>	<b>Saturday 29</b>
<b>Breakfast</b>	*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
<b>Am Snack</b>	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
<b>Lunch</b>	*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 tomato bananas taco shell	milk eggs pears kiwi pancakes
<b>PM Snack</b>	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
<b>Supper</b>	*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 lettuce salad bananas pasta	milk ham & cheese sandwich sweet potatoes celery sticks bread	milk chicken noodle soup - HM lettuce salad apples pasta

## OCTOBER SHOPPING LIST

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	cheese milk	cheese milk yogurt	cheese milk	cheese milk	cheese milk
<b>MEAT</b>	cheese pizza chicken ground beef ham hot dogs	eggs ground beef refried beans turkey	cheese pizza chicken eggs ham hot dogs pumpkin seeds	eggs fish hamburger hot dogs turkey	eggs tuna ham chicken hot dogs split pea soup
<b>FRUITS &amp; VEGETABLES</b>	100% juice apples bananas celery cauliflower fruit cocktail green beans peas potatoes squash tomato soup	100% juice applesauce bananas broccoli celery corn fruit cocktail lettuce oranges raisins squash tomato	100% juice apples bananas cabbage carrots cauliflower chow mein veggies green beans mixed fruit oranges peaches pineapple potatoes	100% juice apples baked beans bananas corn grapefruit kiwi navy beans oranges potatoes squash tomato soup	100% juice apples bananas broccoli celery fruit cocktail kiwi lettuce pears sweet potatoes tomato
<b>BREADS &amp; CEREALS</b>	bread cereal hamburger buns hot cereal hot dog buns muffins rice	bread buns cereal hot cereal pancakes rice rice cakes tortilla	bread cereal chow mein noodles hot cereal hot dog buns muffins noodles rice waffles	bread bread dressing buns cereal hot cereal hot dog buns macaroni pancakes rice	bread cereal hot dog buns pancakes pasta rice taco shells
<b>STAPLES &amp; MISC.</b>	almond slivers cookies crackers peanut butter	cookies crackers peanut butter	cookies peanut butter	cookies crackers peanut butter	cookies crackers peanut butter

Oct. 30 - breakfast: milk, apples, toast am snack: crackers, 100% juice lunch: milk, chicken, squash, pineapple, rice pm snack: milk, apple  
supper: milk, peanut butter, cottage cheese, celery, banana , bread

Oct 31 - breakfast: milk, 100% juice, cereal am snack: pineapple, cottage cheese lunch: milk, corn dogs, corn, apples, breading pm snack:  
granola bars, milk supper: milk, peanut butter, cottage cheese, celery, bananas, bread

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: \_\_\_\_\_