

## MAY 2008 E-Z MENU PLANNER

Provider's Name: \_\_\_\_\_

Provider's Number: \_\_\_\_\_

\*List all 100% fruit/veg. juices served this month:

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\*List all cereals served this month:

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\*List all crackers served this month:

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\*List all cookies served this month:

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\*Please consult your food chart and food program manual for crediting information.

	May Week 1	Sunday April 27	Monday 28	Tuesday 29	Wednesday 30	Thursday May 1	Friday 2	Saturday 3
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas pancakes	milk 100% juice cereal	milk fruit cocktail muffin	milk cantaloupe pancakes	milk bananas toast	milk 100% juice cereal	milk apricots toast
<b>Am Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast 100% juice	banana milk	yogurt toast	egg salad crackers	muffin 100% juice	cheese dip broccoli & cauliflower	cookies 100% juice
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk corn dogs fruit cocktail peas breeding	milk bbq pork tossed salad potatoes bread	milk tuna salad peas cantaloupe pasta	milk HM mac & cheese yogurt w/kiwi broccoli pasta	milk cold cuts tomatoes & lettuce cantaloupe sub bun	milk corn dogs fruit cocktail cauliflower breeding	milk chef's salad cold cuts & cheese lettuce & tomato kiwi crackers
<b>PM Snack</b>	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	soft pretzels 100% juice	cheese crackers	toast 100% juice	muffins milk	yogurt cookies	soft pretzels cheese	cereal milk
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk pork roast cauliflower apricots bread	milk tuna bananas broccoli pasta	milk eggs kiwi potatoes muffin	milk cold cuts tomatoes & lettuce cauliflower sub bun	milk grilled cheese apricots peas bread	milk yogurt kiwi cantaloupe crackers	milk HM mac & cheese w/tuna fruit cocktail broccoli pasta

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 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
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 breeding	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 breeding	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

May Week 3		Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk strawberries pancakes	milk 100% juice cereal	milk potatoes toast	milk blueberries 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) tomato sauce 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 4		Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
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	pretzels cheese
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	milk cold cut sandwich lettuce & tomato carrot sticks bread	milk chicken cantaloupe corn roll	milk tacos (ground beef) lettuce & tomato 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 taco shell	milk cold cuts corn potato salad bread	milk chicken cantaloupe applesauce crackers

May Week 5		Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
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	grated cheese 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) lettuce & tomato grapes tortilla	milk hot dogs broccoli fruit cocktail bun	milk chef's salad w/ ham & cheese lettuce tomatoes bread	milk sloppy joes w/ ground beef tator tots bananas bun	milk ham & cheese grapes broccoli tortilla

## MAY SHOPPING LIST

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>DAIRY</b>	cheese milk yogurt	cheese milk yogurt	cheese cottage cheese milk	cheese milk	cheese milk
<b>MEAT</b>	cold cuts corn dogs eggs pork roast tuna	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
<b>FRUITS &amp; VEGETABLES</b>	100% juice apricots bananas broccoli cantaloupe cauliflower fruit cocktail kiwi lettuce peas potatoes tomatoes	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
<b>BREADS &amp; CEREALS</b>	bread cereal muffins pancakes pasta soft pretzels sub buns	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
<b>STAPLES &amp; MISC.</b>	cookies crackers	crackers gelatin (does not credit) graham crackers granola bars peanut butter	cookies crackers peanut butter	cookies crackers peanut butter pretzels	cookies graham crackers pretzels

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: \_\_\_\_\_