

MARCH 2012 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. 26	Monday Feb. 27	Tuesday Feb. 28	Wednesday Feb. 29	Thursday March 1	Friday 2	Saturday 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	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	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk bagel	crackers 100% juice	milk cookies	tortilla cheese	bread sticks milk	soft pretzel 100% juice	cheese crackers
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	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	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	applesauce crackers	pineapple cottage cheese	soft pretzel peanut butter	milk cookies	broccoli cheese	peaches cinnamon rolls	muffins milk
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Fruit/Vegetable *Bread/Alternate	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 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk strawberries pancakes	milk bananas English muffin	milk apples cereal	milk oranges pancakes	milk 100% juice bagel	milk apples quick bread	milk strawberries cereal
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate	English muffins cheese	100% juice crackers	milk quick bread	soft pretzel 100% juice	ham biscuits	oranges crackers	bananas yogurt
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate	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
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate	milk cereal	peanut butter bread	yogurt dip carrots	apple cheese	cookies 100% juice	milk soft pretzel	English muffins cheese
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate	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 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Breakfast	*Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate	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
Am Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate	cheese apples	boiled egg 100% juice	banana milk	rice cake peanut butter	French toast sticks 100% juice	cookies milk	yogurt 100% juice
Lunch	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate	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
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/ juice *Bread/Alternate *Meat/Alternate	rice cakes cheese	milk cornbread	apples yogurt	milk bagel	veg soup crackers	milk tangerines	fruit cocktail crackers
Supper	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/ juice *Fruit/Vegetable *Bread/Alternate	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 peas noodles

March 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 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 *Meat/Alternate	cheese crackers	toast peanut butter	roast beef bun	100% juice crackers	apples cheese	yogurt bananas	milk carrot sticks
	*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 *Meat/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 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
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 *Meat/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 _____
Signature of care provider

DATE: _____