October 2026 E-Z

E-Z menus are preplanned menus you can use as is or change to better accommodate the foods you typically serve. To use E-Z menus:

1) Print or view the menus found in the "Members Only" section of ACA's website www.acainc.org
2) To select an E-Z menu in KidKare go to Enter Meal> Select meal. Click on the blue EZ near the top of the screen.
3) If you are making a change to the menu, use the dropdown arrows to the right of the meal component you are changing. Select the component you served. For example, if the E-Z menu show orange juice, but you served apple juice, you need to change the menu to indicate apple juice was served.
4) **Remember to use the wg slider to indicate when a wg-rich item is served.** Meal deduction will occur if a wg-rich food is not offered at least once per day.
5) Contact ACA with any questions.

October 2026 E-Z MENU PLANNER

Week 1		**Monday** Sept. 28	**Tuesday** Sept. 29	**Wednesday** Sept. 30	**Thursday** Oct. 1	**Friday** Oct. 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Banana slices Kix (wg)	Milk Apples Whole wheat toast (wg)	Milk Potatoes Sausage (fresh pork)	Milk Peaches English Muffin	Milk Apples Quinoa (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Pretzels *Almonds	Bananas Peanut butter	Grape juice Graham crackers	Milk Hardboiled eggs	Yogurt Peaches
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Scrambled Eggs Corn Apples English muffin	Milk Sausage (fresh pork) Broccoli Potatoes Bun	Milk Chicken Lettuce salad Peaches Quinoa (wg)	Milk Tuna & Cheese Sandwich Celery Apples Whole wheat bread (wg)	Milk Cheese pizza (CN/HM) Broccoli Peaches Pizza crust
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Graham crackers	Pretzels *Almonds	Celery sticks Peanut butter	Bananas Yogurt	Grape juice Whole wheat toast (wg)

***Nuts and seeds can be a choking hazard for young children. Serve only when developmentally appropriate.**

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. **ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.**

October 2026 E-Z MENU PLANNER

Week 2		Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Oranges Oatmeal (wg)	Milk Bananas Whole wheat bread (wg)	Milk Mixed Fruit Yogurt	Milk Apple juice Banana bread	Milk Bananas Cheerios (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Hard boiled eggs	Orange slices Pretzels	Ground beef Macaroni (leftover goulash)	Whole wheat crackers (wg) Cheese	Humus (CN or HM) Carrot sticks
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Grilled cheese sandwich Tomato soup Yogurt w/mixed fruit Whole wheat bread (wg)	Milk Ground beef (goulash) Corn Apple slices Macaroni	Milk Eggs (cheese omelets) Potatoes Banana Whole wheat toast (wg)	Milk Ham Carrots Mixed fruit Whole wheat bread (wg)	Milk Hot dogs (all meat) Corn Oranges Bun
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Banana slices Carrot sticks	Cheese Apple juice	Orange slices Pretzels	Apple slices Yogurt (try as a dip)	Milk Banana bread

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Week 3		Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Mixed fruit Shredded wheat (wg)	Milk Pineapple Waffles	Milk Potatoes Fresh pork sausage	Milk Applesauce Whole wheat toast (wg) w/ cinnamon	Milk *Raisins Oatmeal (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Vegetable *Grain *Meat/Alternate	Milk Seeds (sunflower and/or pumpkin)	Milk Graham crackers	*Raisins Cheese cubes	Waffles Peanut butter	Applesauce Graham crackers
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Chicken Squash Celery sticks Rolls	Milk Fish (Store bought) Potatoes Kiwi Brown rice (wg)	Milk Ground beef (HM chili) Navy Beans Apples Whole wheat crackers (wg)	Milk Refried beans & cheese Corn Kiwi Tortilla	Milk Ground beef (spaghetti) Tomato sauce Pineapple Pasta
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Pineapple Cottage cheese	Celery sticks Peanut butter	Milk Shredded wheat (wg)	Milk *Seeds (sunflower and/or pumpkin)	Tortilla Cheese

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***Raisins & seeds can be a choking hazard for some children. Serve only when developmentally appropriate.**

October 2026 E-Z MENU PLANNER

Week 4		**Monday** 19	**Tuesday** 20	**Wednesday** 21	**Thursday** 22	**Friday** 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana English muffin	Milk Blueberries Yogurt	Milk Strawberries Oatmeal (wg)	Milk Bananas Peanut butter	Milk Apple slices Kix (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Hard boiled eggs	Orange juice English Muffin	Bananas Animal crackers	Carrot sticks Yogurt	Whole wheat toast (wg) Peanut butter
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Split pea Soup Carrot sticks Blueberries Whole wheat crackers (wg)	Milk Ham sandwich Broccoli Cabbage (coleslaw) Whole wheat bread (wg)	Milk Cheese Pizza (HM or CN) Carrot sticks Apple slices Pizza crust	Milk Ham & Cheese Omelet Broccoli Strawberries Whole wheat toast (wg)	Milk Ground beef (tacos) Lettuce & Tomatoes Carrot sticks Taco shell
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Animal crackers Yogurt	Milk Kix (wg)	Cabbage (coleslaw) Orange juice	Tomatoes Apple slices	Orange juice *Popcorn (wg)

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***Popcorn can be a choking hazard for some children. Serve only when developmentally appropriate.**

Week 5		**Monday** 26	**Tuesday** 27	**Wednesday** 28	**Thursday** 29	**Friday** 30
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana French toast	Milk *Grapes Brown rice (wg)	Milk Apple slices Oatmeal (wg)	Milk Tomato juice Rice Chex (wg)	Milk Pears Whole wheat toast (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Tomato juice String cheese	Oranges Blueberry muffins	Rice Chex (wg) Milk	Pears Cottage cheese	Tortilla chips Refried beans Salsa
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Chicken Green beans *Grapes Brown rice (wg)	Milk Tuna & cheese sandwich Celery sticks Apple slices Pita bread	Milk Chicken noodle soup (HM) Green beans Orange slices Noodles	Milk Egg salad sandwich Lettuce salad *Grapes Whole wheat bread (wg)	Milk Hamburgers (ground beef) Potatoes Bananas Bun
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Apple slices Whole wheat toast w/ cinnamon (wg)	Pears String cheese	Tortilla chips Refried beans Salsa	Milk Blueberry muffins	Pita bread Egg salad

***Grapes can be a choking hazard for some children. Cut into quarters and serve only when developmentally appropriate.**

October 2026 Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
Milk	Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALTERNATES	Almonds Cheese Cheese pizza (CN or HM) Chicken Eggs Peanut butter Sausage, fresh pork Tuna Yogurt	Cheese Eggs Ground beef Ham Hot dogs (all meat) Hummus (CN or HM) Yogurt	Cheese Chicken Cottage cheese Fish Ground beef Peanut butter Refried beans Sausage, fresh pork Seeds, sunflower and/or pumpkin	Cheese Cheese Pizza (CN or HM) Eggs Ground beef Ham Peanut butter Yogurt Split Pea Soup	Cheese Chicken Cottage cheese Eggs Ground beef Refried beans String cheese Tuna
FRUITS & VEGETABLES	Apples Bananas Broccoli Celery Corn Grape juice Lettuce Peaches Pizza crust Potatoes	Apple juice Bananas Carrots Corn Mixed fruit Oranges Potatoes Tomatoes, diced Tomato sauce (for goulash) Tomato soup	Apples Apple sauce Celery Corn Kiwi Mixed fruit Navey beans Pineapple Potatoes Raisins Squash Tomato sauce	Apples Bananas Blueberries Broccoli Cabbage Carrots Lettuce Orange juice Strawberries Tomatoes	Apples Bananas Celery Grapes Green beans Lettuce Oranges Pears Potatoes Salsa Tomato juice Tortilla chips
GRAINS & BREADS	Buns English muffins Graham crackers Kix cereal Quinoa Whole wheat bread	Banana bread Buns Cheerios Macaroni Oatmeal Pretzels Whole wheat crackers Whole wheat bread	Brown rice Graham crackers Oatmeal Pasta Rolls Shredded wheat Tortilla Waffles Whole wheat bread Whole wheat crackers	Animal crackers English Muffins Kix Oatmeal Pizza crust Popcorn Taco shells Whole wheat bread Whole wheat crackers	Blueberry muffins Brown rice Buns French toast Rice Chex cereal Noodles Oatmeal Pita bread Tortilla chips Whole wheat bread

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Breakfast cereals may contain no more than 6 grams of added sugars per dry ounce.
Yogurt may contain no more than 12 grams of added sugars per 6 ounces.
A whole grain-rich food must be served at least once per day.

This institution is an equal opportunity provider.