September 2026

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.

September 2026 E-Z MENU PLANNER

Week 1		**Monday** August 31	**Tuesday** Sept. 1	**Wednesday** 2	**Thursday** 3	**Friday** 4
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk *Grapes Oatmeal (wg)	Milk Apples Ham slices	Milk Mixed fruit Whole wheat toast (wg)	Milk Pears Oatmeal (wg)	Milk *Grapes Whole wheat toast (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Yogurt Nectarines	Carrot sticks *Grapes	Strawberries Animal crackers	Milk Tortilla chips Salsa	Whole wheat crackers (wg) Ham slices
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Meatballs (ground beef) Tomato sauce Green beans Pasta	Milk Grilled cheese sandwich Corn Strawberries w/yogurt Whole wheat bread (wg)	Milk Ground Beef (Sloppy Joes) Green Beans Pears Bun	Milk HM Mac & cheese with ham pieces Corn Mixed Fruit Pasta	Milk Scrambled eggs Carrot sticks Apple slices Pancakes
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Strawberries Animal crackers	Nectarines Whole wheat crackers (wg)	Carrot sticks Banana bread	Tomatoes Apple slices	Milk Tortilla chips Salsa

***Grapes can be a choking hazard for some children. Cut into quarters and 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.**

September 2026 E-Z MENU PLANNER

Week 2		Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Orange juice Cheerios (wg)	Milk Banana Peanut butter	Milk Apple slices Oatmeal (wg)	Milk Peaches Cheerios (wg)	Milk Banana Whole wheat toast (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Peaches Cottage Cheese	Orange juice Blueberry muffins	Cantaloupe Whole wheat toast (wg)	Hummus (HM or CN) Mixed raw veggies	Apples slices Hard-boiled egg wedges
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ground beef (tacos) Mixed taco veggies Apples slices Taco shell	Milk Chicken Baked beans Cantaloupe Whole wheat bread (wg)	Milk Hot dogs (All meat) Green beans Banana slices Bun	Milk Egg salad sandwich Carrot sticks Cauliflower Whole wheat bread (wg)	Milk Ground beef (hamburgers) Lettuce Salad Tomatoes Bun
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Banana Milk	Hummus (HM or CN) Mixed raw veggies	Orange juice Blueberry muffins	Cantaloupe Cottage cheese	Peaches Cheerios (wg)

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Week 3		Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Oranges Whole wheat toast (wg)	Milk Pineapple French toast	Milk Apple juice Shredded wheat (wg)	Milk Apple slices Banana bread	Milk Banana Brown rice (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Vegetable *Grain *Meat/Alternate	Apple Juice String cheese	Oranges Graham crackers	Mixed fruit Yogurt	Refried beans & Cheese Tortilla	*Raisins Mixed nuts (trail mix)
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ground beef (stroganoff) Lettuce salad Pineapple Noodles	Milk Grilled cheese Tomato soup Celery w/ Peanut butter Whole wheat bread (wg)	Milk Refried beans & Cheese (burrito) Green beans Apple slices Tortilla	Milk Fish (store bought) Squash Kiwi Brown rice (wg)	Milk Ham sandwich Cabbage (coleslaw) Apple slices Whole wheat bread (wg)
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Celery Peanut butter	*Raisins Mixed nuts (trail mix)	Milk String cheese	Milk Ham & Cheese rollups	Mixed fruit Yogurt

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

September 2026 E-Z MENU PLANNER

Week 4		Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Oatmeal (wg)	Milk Strawberries English muffins	Milk Apple slices Whole wheat toast (wg)	Milk Mixed fruit Puffed rice cereal	Milk Grapefruit Whole wheat crackers (wg)
AM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk *Sunflower seeds	Cherry tomatoes Tortilla chips	Chicken Brown rice (wg)	Apple cider Pumpkin muffins	Milk Hardboiled eggs
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Ground beef (lasagna) Lettuce salad Carrot sticks Lasagna noodles	Milk Chicken stir fry Mixed vegetables Apple slices Brown rice (wg)	Milk Eggs & Cheese Potatoes Strawberries English muffins (eggwich)	Milk Black bean soup Lettuce salad Apple slices Whole wheat crackers (wg)	Milk Cheese Pizza (CN or HM) Carrot sticks Mixed fruit Pizza crust
PM Snack	**Serve 2 of the following:** *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Whole wheat crackers (wg) Peanut butter	Apple cider Pumpkin muffins	Milk *Sunflower seeds	Cherry tomatoes Tortilla chips	Apple cider *Popcorn (wg)

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***Sunflower seeds can be a choking hazard for small children. Serve only when developmentally appropriate.**

Week 5		Monday 28	Tuesday 29	Wednesday 30	Thursday Oct. 1	Friday Oct. 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	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 *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	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 can be a choking hazard for small children. Serve only when developmentally appropriate.**

September 2026 Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
Milk	Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALTERNATES	Cheese Eggs Ground beef Ham Yogurt	Chicken Cottage cheese Eggs Ground beef Hot dogs (all meal) Hummus (CN or HM) Peanut Butter	Cheese Fish (store bought) Ground beef Ham Mixed nuts Peanut butter Refried beans String cheese	Black bean soup Cheese Cheese pizza (CN or HM) Chicken Eggs Ground beef Peanut butter Sunflower seeds	Almonds Cheese Cheese pizza (CN or HM) Chicken Eggs Peanut butter Sausage, fresh pork Tuna Yogurt
FRUITS & VEGETABLES	Apples Carrot sticks Corn Grapes Green beans Mixed fruit Nectarines Pears Salsa Strawberries Tomatoes Tomato sauce	Apples Baked beans Bananas Cantaloupe Carrots Cauliflower Green beans Lettuce Mixed vegetables Orange juice Peaches Tomatoes	Apples Apple juice Bananas Cabbage Celery Green beans Kiwi Lettuce Mixed fruit Oranges Pineapple Raisins Squash Tomato soup	Apples Apple cider Bananas Carrots Cherry tomatoes Grapefruit Lettuce Mixed fruit Mixed vegetables Potatoes Strawberries	Apples Bananas Broccoli Celery Corn Grape juice Lettuce Peaches Pizza crust Potatoes
GRAINS & BREADS	Animal crackers Banana bread Buns Oatmeal Pasta Pancakes Tortilla chips Whole wheat bread Whole wheat crackers	Blueberry muffins Buns Cheerios Oatmeal Taco shells Whole wheat bread	Banana bread Brown rice French toast Graham crackers Noodles Shredded wheat Tortillas Whole wheat bread	Brown rice English muffins Lasagna noodles Oatmeal Pizza crust Popcorn Puffed rice cereal Pumpkin muffins Tortilla chips Whole wheat bread Whole wheat crackers	Buns English muffins Graham crackers Kix cereal Pizza crust Quinoa 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.