

April 2019 E-Z MENU PLANNER

Provider's Name: _____

Providers Number: _____

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

*List all **cereals** served this month:

*List all **crackers** served this month:

*List all **whole-grains rich** served this month:

****One serving of whole-grain rich per day****

APRIL Week 1		Sunday March 31	Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5	Saturday April 6
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas English Muffins	Milk Strawberries Scrambles Eggs	Milk 100 % juice Pancakes	Milk Applesauce Muffins	Milk Bananas Cold cereal	Milk Pineapple Yogurt	Milk Grapes Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100% Juice	English muffin Milk	Applesauce Toast	Pineapple Yogurt	Milk Grapes	Cheese Soft pretzels	Milk Toast w/pb
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Green Beans Apples Bun	Milk Ham Tator tots Peas Bun	Milk Sloppy joes (hamb) Green beans Bananas Bun	Milk Eggs Potatoes Fruit cocktail Toast	Milk Meatballs (HM/CN label) Green beans Applesauce Macaroni	Milk Scrambled eggs Carrot sticks Potatoes Toast	Milk Sliced turkey Carrots Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Pineapple	Milk French toast	Apples Cheese	Milk Cereal	English Muffin Peanut butter	Milk Cold Cereal	Oranges Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Tator Tots Peaches Buns	Milk HM mac & cheese Celery w/pb Fruit cocktail Macaroni	Milk Taco (ground beef) Tossed salad Grapes Taco shell	Milk Turkey Broccoli Bananas Bun	Milk Chef's salad w/ Ham & cheese Lettuce Oranges Bread	Milk Sloppy joes w/ground beef Peas Bananas Bun	Milk Ham & cheese Broccoli Grapes Tortilla

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.

Grapes may pose a choking hazard. Cut into quarters for young children

APRIL Week 2		Sunday April 7	Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12	Saturday April 13
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Potatoes Eggs	Milk Peaches English muffin	Milk Strawberries Pancakes	Milk Banana Cereal	Milk Oranges Yogurt	Milk Banana Cereal	Milk Applesauce Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Banana Milk	Cheese Cracker	Celery Peanut butter	Oranges Crackers	Cinnamon Toast Milk	Cheese Apples	English muffin Pizza w/ cheese And spaghetti sauce
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Meatloaf Potatoes Oranges Bread	Milk Tuna Celery sticks Applesauce English muffin	Milk Chicken Cabbage salad Oranges Bread	Milk Ground beef taco Lettuce salad Apples Taco shell	Milk Grilled ham & cheese Lettuce salad Strawberries Bread	Milk Hot dogs (all meat) Green Beans Peaches Bun	Milk Egg salad Celery Sticks Oranges Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Cereal Milk	Taco shells (broken) Melted cheese	Peanut butter Toast	Muffins Milk	English muffin Peanut butter	Crackers Cheese
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Cabbage salad Peaches Bread	Milk Meatloaf Potatoes Strawberries Buns	Milk Tuna hotdish Peas Applesauce Pasta	Milk Chicken Green Beans Strawberries Bread	Milk Egg omelet Potatoes Apples English muffins	Milk Meatballs (HM/CN Label) Spaghetti sauce Apples Pasta	Milk Hamburger Carrots Applesauce Bun
APRIL Week 3		Sunday April 14	Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19	Saturday April 20
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Strawberries Cereal	Milk Fruit Cocktail Yogurt	Milk Pineapple Ham	Milk Bananas Toast	Milk 100% juice Cereal	Milk Strawberries Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit cocktail Milk	Pineapple Toast	Cheese Crackers	Hard Boiled Eggs Bread	Cottage cheese Peaches	Toast Milk	Fruit cocktail Cracker
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Pineapple Bread	Milk Tuna hot dish Peas Fruit cocktail Pasta	Milk Ham Split pea soup Banana Bread	Milk Grilled ham & cheese Tomato soup Pears Bread	Milk Ground beef Sloppy joes Carrots Fruit cocktail Bun	Milk Sausage (all meat) Lettuce salad Potatoes Bun	Milk Fried egg/cheese French Fries Pineapple Bagel
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Peanut butter	Bagel Milk	Peanut butter Celery sticks	Crackers Bananas	Cereal Milk	Peanut butter Bun	Toast Banana
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Meatloaf Carrots Pears Bun	Milk Grilled Ham/Cheese Split pea soup Pears Bread	Milk Ground beef Sloppy joes Carrots Pineapple Bun	Milk Sausage (all meat) Potatoes Peaches Bread	Milk Cheese omelet Potatoes Strawberries Toast	Milk Meatballs (HM/ CN Label) Tomato sauce Green beans Pasta	Milk Grilled tuna & cheese Tomato soup Carrots Bread

APRIL Week 4		Sunday April 21	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Eggs Potatoes	Milk Oranges Muffin	Milk 100% Juice Pancakes	Milk Bananas Ham	Milk 100% Juice Cereal	Milk Apricots Ham
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Milk Banana	Toast Yogurt	Egg salad Crackers	100% juice Muffin	Broccoli & Cauliflower Cheese dip	Yogurt Muffins
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Corn Dogs (HM/CN label) Peas Apples Breeding	Milk BBQ Pulled pork Tossed salad French Fries Bread	Milk Tuna Salad Peas Apples Pasta	Milk HM Mac & cheese Broccoli Yogurt w/ banana Pasta	Milk Cold cuts (all meat) Tomatoes Apples Sub bun	Milk BBQ Pulled Pork Baked Beans Tomatoes Bread	Milk 100% meat hot dog Baked Beans Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Soft Pretzel	Apples Cheese	Peanut Butter Toast	Muffins Milk	Apricots Yogurt	Crackers Peanut Butter	Milk Cereal
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork roast Broccoli Apricots Bread	Milk Tuna Hotdish Broccoli Bananas Pasta	Milk Eggs Potatoes Fruit Cocktail Bread	Milk Cold cuts (all meat) Lettuce salad Tomatoes Sub Bun	Milk Grilled ham & cheese Peas Bananas Bread	Milk Yogurt Broccoli Apples Crackers	Milk HM Mac & cheese w/ham Broccoli Fruit Cocktail Pasta
APRIL Week 5		Sunday April 28	Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3	Saturday May 4
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Grapes French toast	Milk 100% Juice Cereal	Milk Potatoes & eggs Tortilla	Milk Bananas Yogurt	Milk Pears French toast	Milk Grapes Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Pears Crackers	Rice cakes Cheese	Milk Cinnamon Toast	Banana Peanut butter	Cheese Crackers	Toast Fruit cocktail	100% Meat hot dog Bun
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Green beans Apples Bun	Milk Bbq Beef French Fries Fruit Cocktail Bun	Milk Egg Salad Mixed Veggies Pear Bread	Milk HM Mac. and cheese w/ Turkey pieces Green beans Pears Pasta	Milk Turkey Mixed veggies Grapes Bun	Milk HM or CN Cheese pizza Green beans Bananas Pizza crust	Milk Scrambled eggs Mixed veggies Pears Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	100% Juice Toast	Cheese Tortilla	Rice cakes Milk	Peanut butter Celery Raisins (Ants on a Log)	Milk Cereal	Bananas Toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Beef Roast Mixed veggies Pears Bun	Milk Meat balls (HM/CN label) Green beans Spaghetti sauce Pasta	Milk Turkey Baked beans Apples Bread	Milk Cheese omelet Potatoes Grapes Toast	Milk 100% meat hot dog Baked beans French Fries Bun	Milk Turkey Potatoes Apples Bread	Milk Cheese Green beans w / almonds Fruit cocktail Tortilla

April Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage cheese Yogurt	Cheese Milk Yogurt	cheese milk Yogurt
MEAT	Eggs Hamburger Ground beef Ham Turkey	Chicken Eggs Ground Beef Ham Hamburger 100% all meat Hot Dogs Tuna	Eggs Ground beef Ham Sausage 100% all meat Tuna	Cold Cuts (all meat) Corn dogs (HM/CN label) Eggs Ham slices Pork Roast Tuna 100% all meat hot dogs	Almonds Beef roast Eggs Ground beef 100% all meat hot dogs Cheese pizza (hm or cn Label) Turkey
FRUITS & VEGETABLES	100 % juice Apples Applesauce Bananas Broccoli Carrots /Celery Fruit cocktail Grapes Green beans Lettuce Orange Peas Pineapple Strawberries Tator tots / Potatoes Tomato sauce	Apples Applesauce Bananas Cabbage Celery / Carrots Green Beans Fruit Cocktail Lettuce Oranges Peaches Peas Potatoes Spaghetti Sauce Strawberries	100% juice Bananas Carrots/ Celery Fruit Cocktail Green beans Lettuce Pea Peaches Pears Pineapple Potatoes / French Fries Strawberries Split pea soup Tomato sauce Tomato soup	100% juice Apples Apricots Bananas Broccoli Cauliflower French Fries Fruit Cocktail Lettuce Oranges Peas Potatoes Tomatoes	100% juice Apples Baked beans Bananas Celery French Fries Fruit cocktail Grapes Green beans Mixed veggies Peas Potatoes Raisins Spaghetti sauce
BREAD & CEREALS	Bread Buns Cereal English muffins French Toast Macaroni Muffins Pancakes Taco shell Tortilla	Bread Buns Cereal English muffins Hot dog buns Muffins Pancakes Pasta Taco shells	Bagels Bread Buns/rolls Cereal Hamburger buns Pancakes Pasta Sausage buns	Bread Cereal Muffins Pancakes Pasta Soft Pretzels Sub Bun	Bread Cereal French toast Hamburger buns Hot dog buns Pasta Pizza crust Rice cakes Tortillas
STAPLES & MISC.	Peanut butter Soft pretzels	Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter	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: _____

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