



April 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.

April 2026 E-Z MENU PLANNER

Week 1		Monday March 30	Tuesday March 31	Wednesday April 1	Thursday April 2	Friday April 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Bananas Kix Cereal (wg)	Milk Strawberries Whole wheat toast (wg)	Milk Apples Pancakes	Milk Mixed fruit Whole wheat toast (wg)	Milk Strawberries Yogurt
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Mixed fruit Pancakes	Blueberry muffins Yogurt	Milk Kix cereal (wg)	Carrots & Celery HM or CN Hummus	Whole wheat toast (wg) Peanut butter
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk HM Mac & Cheese w/ hot dog slices (100% meat) Peas Strawberries Noodles	Milk Egg salad sandwich Potatoes Apples Whole wheat bread (wg)	Milk Ham and cheese sandwich Broccoli Strawberries Whole wheat bread (wg)	Milk Hot dog (100% meat) Baked beans Bananas Bun	Milk Chicken (tacos) Lettuce & tomatoes Refried beans Taco shell (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrots Apple juice	Milk Kix cereal (wg)	Carrots HM or CN Hummus	Apple juice Blueberry muffins	Milk Bananas

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.**

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Week 2		Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Banana Cheerios (wg)	Milk Mixed fruit Yogurt	Milk Potatoes Ham	Milk Bananas Whole wheat toast (wg)	Milk Apple juice Cheerios (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Apple Juice Whole wheat toast (wg)	Graham crackers Peanut butter	Carrot sticks Hardboiled eggs	Peaches Yogurt	Apples Cheese
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Meatloaf (ground beef) Carrots Mixed fruit Cornbread	Milk Ham Potatoes Lettuce salad Whole wheat bread (wg)	Milk Sloppy Joes (ground beef) Broccoli Mixed fruit Whole wheat bun (wg)	Milk Grilled Ham & Cheese Tomato Soup Apples Whole wheat bread (wg)	Milk Cheese Pizza (CN or HM) Broccoli Banana Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Peaches Yogurt	Milk Cornbread	Celery Yogurt	Milk Mixed fruit	Milk Whole wheat toast (wg) with cinnamon

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Week 3		Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Oranges Scrambles eggs	Milk Apricots Blueberry muffins	Milk Bananas Whole wheat toast (wg)	Milk Apple slices Banana bread	Milk Oranges Oatmeal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Vegetable *Grain *Meat/Alternate	Milk Blueberry Muffin	Pretzels Yogurt	Celery Raisins Peanut butter (ants on a log)	Apricots Animal crackers	Hummus (CN or HM) Carrot & Celery sticks
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Hot roast beef sandwich Mashed potatoes Broccoli Whole wheat bread (wg)	Milk Tuna & Cheese sandwich Peas Apples Whole wheat bread (wg)	Milk HM Mac & cheese Broccoli Banana w/ Yogurt Pasta	Milk Fresh Pork sausage Potatoes Oranges Whole wheat toast (wg)	Milk Fish (store bought) Peas Broccoli Whole wheat bread (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Apples Cheese	Milk Animal crackers	Milk Banana bread	Carrot sticks Yogurt	*Raisins Pretzels

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***Please note, raisins may be a choking hazard for some populations.**

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Week 4		Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pineapple French toast	Milk Apples Whole wheat toast (wg)	Milk Potatoes Ham	Milk Bananas Corn flakes	Milk *Raisins Oatmeal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Rice cakes Cheese	Raisins Almonds	Whole wheat toast (wg) Peanut butter	Carrot sticks Yogurt	Milk Rice cakes
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Ham Potatoes Asparagus Whole wheat bread (wg)	Milk Egg Salad sandwich Mixed veggies Celery Whole wheat bread (wg)	Milk Ground beef (goulash) Carrots Pineapple Pasta	Milk Chicken Sandwich Lettuce salad Mixed veggies Whole wheat bread (wg)	Milk Ground beef & Cheese (cheeseburgers) Green beans Mixed fruit Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Bananas Yogurt	Cheese cubes Carrot sticks	Milk Oatmeal (wg)	Peanut butter Celery *Raisins (Ants on a Log)	Milk Cornflakes

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***Please note, raisins may be a choking hazard for some populations.**

Week 5		Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday May 1
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Orange juice Kix (wg)	Milk Strawberries English muffins	Milk Potatoes & eggs Whole wheat tortilla (wg) (breakfast wrap)	Milk Bananas Pancakes	Milk Apples Kix (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Apples Cheese	Banana slices Kix (wg)	Mixed fruit Yogurt	Milk Goldfish crackers	Orange juice Cottage cheese
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Hot dogs (100% meat) Corn Blueberries Bun	Milk Ham Mixed veggies Kiwi Pancakes	Milk Ground beef (spaghetti) Tomato sauce Banana Pasta	Milk Chicken Corn Strawberries Brown rice (wg)	Milk HM/CN Cheese pizza Mixed veggies Bananas Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Peanut butter Whole wheat toast (wg)	Whole wheat tortilla (wg) Cheese (wrap)	Carrots Hummus CN/HM	English muffin Cottage cheese	Bun Chicken

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April 2026 Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
Milk	Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALTERNATES	Cheese Chicken Eggs Ham Hot dogs (100% meat) HM or CN Hummus Yogurt	Cheese Cheese pizza (CN or HM) Eggs Ground beef Ham Peanut butter Yogurt	Cheese Eggs Fish (store bought) Fresh Pork Sausage Hummus (CN or HM) Peanut butter Roast beef Tuna Yogurt	Almonds Cheese Chicken Eggs Ground beef Ham Peanut butter Yogurt	Cheese Cheese Pizza (CN or HM) Chicken Cottage cheese Ground beef Ham Hummus (CN or HM) Hot dogs (all meat) Yogurt
FRUITS & VEGETABLES	Apples Apple juice Bananas Baked beans Broccoli Carrots Celery Lettuce Mixed fruit Peas Potatoes Refried beans Strawberries Tomatoes	Apples Apple juice Banana Broccoli Carrots Celery Lettuce Mixed fruit Peaches Potatoes Tomato soup	Apricots Apples Bananas Broccoli Carrots Celery Orange Peas Potatoes Raisins	Apples Asparagus Bananas Carrots Celery Green beans Lettuce Mixed fruit Mixed vegetables Pineapple Potatoes Raisin Tomato sauce	Apples Bananas Blueberries Corn Carrots Kiwi Mixed fruit Mixed vegetables Orange juice Potato Strawberries Tomato sauce
GRAINS & BREADS	Blueberry muffins Buns Kix cereal Noodles Pancakes Taco shells (whole grain) Whole wheat bread	Cheerios Corn bread Graham crackers Pizza crust Whole wheat bread Whole wheat buns	Animal crackers Banana bread Blueberry muffins Oatmeal Pasta Whole wheat bread Pretzels	Buns Corn Flakes French toast Oatmeal Rice cakes Pasta Whole wheat bread	Brown rice Buns English muffins Goldfish crackers Kix Pancakes Pasta Pizza crust Whole wheat bread Whole wheat tortilla

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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.