

August 2021 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 grain rich** served this month:

At least one serving of grains per day must be whole-grain rich

August Week 1		Sunday August 1st	Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th	Saturday 7th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Blueberries Toast	Milk Cantaloupe Ham	Milk Banana Cereal	Milk Mixed fruit French toast	Milk Raspberries Cereal	Milk Peaches Toast	Milk Melon Yogurt
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% juice Muffins	Yogurt Raspberries	String Cheese Crackers	Milk Muffins	Bread sticks dipped in Tomato sauce	Sliced Cucumbers Crackers	Milk Toast
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Carrots Potato Salad Bread sticks	Milk Chicken Tomato slices Potato Salad Bread	Milk Taco's / Ground beef Tomato & Lettuce Mixed fruit Taco shell	Milk Fish (store bought) Cucumbers Potato Salad Bread sticks	Milk Eggs Potatoes Banana Bread	Milk CN or HM Cheese pizza Baked Beans Apples w/ Peanut butter Crust	Milk Eggs Potatoes Blueberries Waffles (berries cannot be in waffles)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	String Cheese Crackers	Carrots Rice Cakes	Cinnamon toast Apples	Peanut butter Celery sticks	Crackers Cheese	Yogurt Rice Cakes	Peanut butter Apples
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Lettuce & Tomato Melon Bun	Milk Eggs Potatoes Blueberries Waffles	Milk Chicken Potatoes Blueberries Bun	Milk Ham/cheese sandwich Carrot sticks Melon Bun	Milk Fish (store bought) Carrots/Celery Peaches Bun	Milk Chef's salad w/ Ham & Cheese Lettuce Melon Bread sticks	Milk Grilled cheese Baked beans Peaches w/Yogurt 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 *****When you see melon in a meal it can be Watermelon, Cantaloupe, or Honey Dew.**

August Week 2		Sunday 8th	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th	Saturday 14th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Melon Ham	Milk Blueberries Cereal	Milk 100 % Juice Waffles	Milk Bananas Cereal	Milk Raspberries Quick bread	Milk Peaches Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Crackers	Cottage Cheese Peaches	Peanut Butter Celery, Raisins (Ants on a log)	Tortilla Wrap with cheese and Refried beans	Yogurt Quick bread	Sliced Cucumbers Crackers	Peanut butter Apples
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Cucumbers Bread	Milk Hot dogs (all meat) Green Beans Apples Bun	Milk Refried Beans & Cheese Tomatoes Apples Tortilla	Milk Chicken Salad Sandwich Broccoli Melon Bun	Milk Sloppy joes w/ ground beef Summer Squash Cucumbers Tortilla	Milk Cheese and Ham sandwich Green beans Blueberries Bread	Milk Egg Salad Carrots/ Celery sticks Melon Tortilla
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Cheese	Milk Toast	Crackers Cheese	Cottage Cheese Blueberries	Peanut Butter Celery, Raisins (Ants on a Log)	Milk Cereal	Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers French Fries Peaches Bun	Milk Taco salad w/ Ground beef Lettuce & Tomato Blueberries Crackers	Milk Chicken Summer Squash Peaches Bread Sticks	Milk Chef's salad w/ Ham & Cheese Lettuce Apples Bread sticks	Milk Eggs Broccoli Raspberries Toast	Milk Sloppy joes w/ Ground beef French fries Cucumbers Bun	Milk Yogurt Cucumbers Raspberries Bread sticks
August Week 3		Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% juice French toast	Milk Bananas Muffins	Milk Cantaloupe English muffins	Milk Bananas Toast	Milk Ham Potatoes	Milk Melon English muffin	Milk Banana Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffins Milk	Avocado on Toast	(Veggie Pizza) Carrot & Celery, peppers Pizza crust	Mixed Fruit Mixed Nuts	Crackers Deviled Eggs	Cn/Hm Hummus Carrot sticks	Melon Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Potatoes Corn Roll	Milk CN or HM Cheese Pizza Coleslaw Apples w/ Peanut Butter Crust	Milk Roast beef Green beans Sweet Potatoes Bread	Milk Tuna Salad Mixed Vegetables Melon Pasta	Milk Fish (store bought) Corn Apples Brown rice	Milk Chicken Green Beans Sweet Potatoes Roll	Milk Cheese Burger Tomatoes French Fries Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	CN/HM Hummus Mixed Vegetables	Milk Cereal	Apple slices Cheese	Cereal Milk	Tuna on Crackers	Avocado on Toast	English muffins Peanut butter
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Coleslaw Apples Brown rice	Milk Roast beef Potatoes Melon Roll	Milk Hamburgers Corn French Fries Bun	Milk Ham Carrots Potatoes Bun	Milk Grilled Ham & Cheese Coleslaw Banana Bread	Milk Eggs Potatoes Mixed Fruit Bread	Milk Chicken Stir Fry Mixed Vegetables Melon Brown Rice

August Week 4		Sunday 22nd	Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Peaches Cereal	Milk Fruit Salad Muffins	Milk Potatoes Eggs	Milk Mixed fruit Toast	Milk Raspberries Pancakes	Milk Melon Sausage (all meat)	Milk Bananas Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffins Milk	Peanut butter Apples	Pretzels Hard / Soft String cheese	Taco Meat Tortilla Chips	Crackers Mixed veggies	Sliced Cucumbers Crackers	Peanut Butter Apple slices
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sausage (100% meat) Cucumbers Fruit Salad Bun	Milk Ground Beef (tacos salad) Tomatoes/Lettuce Watermelon Tortilla chips	Milk Tuna melt w/ cheese Sweet peppers Raspberries Bread	Milk Grilled Cheese Baked Beans Apples w/ Peanut butter Bread	Milk Chicken Salad sandwich Tomatoes Potato Salad Bun	Milk Hot dog (all meat) Summer squash Bananas Bun	Milk Chicken sandwich Peas Raspberries Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	HM Trail Mix (Cheerios, Raisins, Dried fruit, mixed nuts) Milk	Cereal Milk	100% Juice Crackers	Milk HM Trail Mix (Raisins, dried fruit, Cheerios, mixed nuts)	Toast Milk	Apples Pretzels hard/ soft	String Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chef Salad (eggs/ tuna) Lettuce Peppers Crackers	Milk Hot dogs(all meat) Summer Squash Peaches Bun	Milk Sloppy joes (ground beef) Baked beans Bananas Buns	Milk Chicken Potato Salad Carrots Bread	Milk HM Mac & Cheese w/ hot dog pieces Broccoli Apples Bread	Milk Tuna Salad Peas Peaches Pasta	milk Sausage (100% meat) Broccoli Watermelon Waffles
August Week 5		Sunday 29th	Monday 30th	Tuesday 31st	Wednesday Sept. 1st	Thursday Sept. 2nd	Friday Sept 3rd	Saturday Sept 4th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Cantaloupe Scrambled Eggs	Milk Peaches Ham	Milk Blueberries Cereal	Milk Cantaloupe Toast	Milk Peaches Cereal	Milk 100% Juice Toast	Milk Banana English muffins
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Cottage cheese Cherry Tomatoes	English muffin Peanut Butter	Cereal Milk	(Fruit Pizza) Mixed Fruit Pizza crust	Milk Mixed Nuts Dried Fruit (raisins, cranberries)	(Fruit Pizza) Mixed Fruit Pizza Crust
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Green beans Watermelon Pasta Salad	Milk Chicken salad Sandwich Cucumbers Cantaloupe Bread	Milk Hot dogs (all meat) Corn Banana Bun	Milk Eggs Potatoes Raspberries Waffles	Milk Fish (store bought) Green beans Potatoes Bread sticks	Milk Ham/Cheese Sandwich Celery Apples Buns	Milk Chicken Broccoli Melon Roll
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cucumber slices Crackers	Crackers Raspberries	Graham crackers Milk	Carrots & Celery sticks Peanut Butter	Crackers Cottage cheese	Toast Peanut Butter	Mixed Nuts Dried Fruit (raisins, cranberries) Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Corn Potatoes Bread	Milk Eggs Broccoli Peaches Waffles	Milk Tuna Salad Carrots Apples Pasta	Milk Chicken Lettuce salad Blueberries Roll	Milk Ham Broccoli Watermelon Bread	Milk Cottage cheese Green beans w/almonds Peaches Bread sticks	Milk French toast (1 egg per child) Green beans Raspberries Bread

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Milk Cheese Yogurt String cheese	Cheese Cottage cheese Milk Yogurt	Milk Cheese	Cheese Milk String cheese	Cheese Cottage cheese Milk
MEAT	Cheese pizza (hm or cn) Egg Fish (store bought) Ground beef Ham Hamburger Turkey	Chicken Eggs Ground beef Ham Hamburgers Hot dogs (all meat) Refried beans	Cheese pizza (hm /cn) Chicken Eggs Fish (store bought) Ham Hamburger CN/HM Hummus Mixed Nuts Roast beef Tuna	Chicken Eggs Ground beef Hot dogs (all meat) Hummus (hm or cn) Sausage (all meat) Mixed Nuts Tuna	Almonds Chicken Eggs Fish (Store Bought) Ham Hot dogs (all meat) Mixed Nuts Tuna
FRUITS & VEGETABLES	100% juice Apples Bananas Baked beans Blueberries Carrots Celery Cucumbers Lettuce Melon-Any kind Peaches Potatoes Potato salad Raspberries Tomatoes Tomato sauce	100% juice Apples Bananas Blueberries Broccoli Carrots Celery Cucumbers French fries Green Beans Lettuce Melon-any kind Peaches Potatoes Raisins Strawberries Summer squash Tomato sauce Tomatoes	100% juice Apples Avocado Bananas Cabbage Carrots Celery Corn Green beans French Fries Melon-any kind Peppers (sweet) Potatoes Sweet potatoes Tomato sauce Tomatoes	100% juice Apples Baked beans Bananas Broccoli Carrots Cucumbers Grapes Lettuce Melon-Any kind Peaches Peas Potatoes Potato Salad Raisins Sweet peppers Summer squash Tomatoes	100% juice Apples Bananas Blueberries Broccoli Cantaloupe Carrots Celery Corn Cucumbers Cherry Tomatoes Green beans Lettuce Mixed fruit Peaches Potatoes Raspberries
BREAD & CEREALS	Buns/hamb. Bread Bread sticks Cereal French toast Muffins Pizza crust Taco shells Waffles	Bread stick Bread Buns/hamb/ hot dogs Cereal Quick bread Tortilla Waffles	Bread Buns-Hamb. Cereal English muffins French toast Muffins Pancakes Pasta Pizza crust Rice / brown Rolls	Bread Buns/ hamb./ hot dogs Cereal Muffins Pancakes Pasta Tortilla chips Waffles	Bread Bread sticks Bun / hot dogs Cereal English muffins French toast Pasta Pizza Crust Roll Waffles
STAPLES & MISC.	Crackers Peanut butter Rice cakes	Crackers Peanut butter	Rice Cakes Crackers Peanut butter	(HM) Trail mix Crackers Dried fruits Peanut butter Pretzels/ Hard or soft	Dried fruits Crackers Graham 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 I also understand that deliberate misrepresentation may result in state or federal prosecution.

X _____

Date: _____

Signature of care provider