

August 2022 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 July 31st	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Toast	Milk Melon Sausage (100% Meat)	Milk Banana Cereal	Milk Melon Toast	Milk Raspberries Muffins	Milk Blueberries Toast	Milk Melon Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Crackers	Quick Bread Raspberries	(Veggie Pizza) Mixed Veggies Pizza Crust	Milk Quick Bread	Bread sticks Yogurt	Sliced Cucumbers Crackers	Peanut butter Apples
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Carrots Potatoes Bun	Milk Ham Tomato slices Roasted Summer squash Bread	Milk Taco's / Ground beef Tomato & Lettuce Mixed fruit Taco shell	Milk Fish (store bought) Cucumbers Potato Salad Bread sticks	Milk Ham/cheese sandwich Carrot sticks Melon Bun	Milk CN or HM Cheese pizza Green Beans Apples w/ Peanut butter Crust	Milk Chef's salad w/ Eggs & Cheese Lettuce Melon Bread sticks
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Tuna Crackers	(Veggie Pizza) Mixed Veggies Pizza Crust	String Cheese Apples	Peanut butter Celery & Carrot sticks	Crackers String Cheese	Yogurt Muffins	Milk Toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sausage (100% Meat) Peas Melon Bun	Milk Eggs Potatoes Blueberries Toast	Milk Chicken Potato salad Blueberries Bun	Milk Cheese Pizza Lettuce Salad Apples w/ Peanut Butter Pizza Crust	Milk Fish (store bought) Potatoes Roasted Summer squash Bun	Milk (Taco's) Ground beef Lettuce & Tomatoes Melon Taco Shell	Milk Grilled Ham & Cheese Green beans Melon 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 7th	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Bagel	Milk Melon Cereal	Milk 100% Juice Bagel	Milk Melon Hard-boiled eggs	Milk Bananas Cereal	Milk Melon Quick bread	Milk 100% Juice Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	(Parfaits) Yogurt Blueberries (sprinkles on top of parfait)	Cottage Cheese Crackers	Peanut Butter Celery, Raisins (Ants on a log)	Tortilla Wrap with cheese and Refried beans	(Parfaits) Yogurt Blueberries (sprinkles on top of parfait)	Tuna salad Crackers	Peanut butter Apples
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Sandwich Potatoes Cucumbers Bun	Milk Hot dogs (all meat) Green Beans Apples Bun	Milk Refried Beans & Cheese Tomatoes Apples Tortilla	Milk Chicken Salad Sandwich Broccoli Sweet potato Fries Bun	Milk Sloppy Joes w/ ground beef Cucumbers Bun	Milk Cheese and Ham sandwich Green beans Blueberries Bread	Milk Hot dogs (all meat) Green Beans Melon Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Peanut Butter	Crackers Tuna Salad	Quick Bread Melon	Cottage Cheese Fruit Cocktail	Peanut Butter Celery, Raisins (Ants on a Log)	Milk Cereal	Fruit Cocktail Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Sweet potato Fries Melon Bun	Milk Taco salad w/ Ground beef Lettuce & Tomato Corn Crackers	Milk Chicken Corn Potatoes Bread	Milk Chef's salad w/ Ham & Cheese Lettuce Broccoli Crackers	Milk Eggs Broccoli Potatoes Toast	Milk Sloppy Joes w/ Ground beef Cucumbers Melon Bun	Milk Egg Salad Carrots/ Celery sticks Sweet potato Fries Tortilla
August Week 3		Sunday 14th	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Melon English Muffins	Milk Bananas Cereal	Milk Cantaloupe English muffins	Milk Mixed Fruit Toast	Milk Ham Potatoes	Milk Melon English muffin	Milk 100% Juice Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Toast Milk	(Veggie Pizza) Carrot & Celery, peppers Pizza crust	Juicesicles (100% Juice) Crackers	Crackers Yogurt	Cn/Hm Hummus Carrot sticks	Melon Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Yogurt Broccoli Tossed Salad Bread Sticks	Milk CN or HM Cheese Pizza Coleslaw Apples w/ Peanut Butter Crust	Milk Pulled Pork Green beans Sweet Potatoes Buns	Milk Tuna Salad Mixed Vegetables Melon Pasta	Milk Fish (store bought) Corn Potatoes Bread Sticks	Milk Eggs Potatoes Mixed Fruit Bread	Milk Sausage (100% Meat) Tomatoes Corn Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	CN/HM Hummus Mixed Vegetables	Yogurt Bread Sticks	Apple slices Cheese	(Veggie Pizza) Carrot & Celery, peppers Pizza crust	Juicesicles (100% Juice) Crackers	Toast Milk	Apples Peanut butter
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Coleslaw Apples Brown rice	Milk Pulled Pork Potatoes Melon Buns	Milk Sausage (100% Meat) Corn Fruit Salad Bun	Milk Ham Carrots Potatoes Bun	Milk Grilled Ham & Cheese Coleslaw Tomatoes Bread	Milk Chicken Broccoli Sweet Potatoes Bun	Milk Chicken Stir Fry Mixed Vegetables Melon Brown Rice

August Week 4		Sunday 21st	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Peaches Toast	Milk Fruit Salad Muffins	Milk Potatoes Eggs	Milk Peaches 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 100% Juice	Peanut butter Apples	Pretzels Hard / Soft String cheese	Taco Meat & Cheese Tortilla Chips	Cottage Cheese Toast	Sliced Cucumbers Crackers	Peanut Butter Apple slices
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast Beef Cucumbers Fruit Salad Bun	Milk Ground Beef (tacos salad) Tomatoes/Lettuce Watermelon Tortilla chips	Milk Tuna melt w/ cheese Sweet peppers Raspberries Bread	Milk Sloppy joes (ground beef) Baked Beans Apples Bun	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	Cottage Cheese Crackers	Apples Crackers	Milk HM Trail Mix (Raisins, dried fruit, Cheerios, mixed nuts)	Crackers 100% Juice	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 Mixed Fruit 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 28th	Monday 29th	Tuesday 30th	Wednesday 31st	Thursday Sept. 1st	Friday Sept 2nd	Saturday Sept 3rd
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	Yogurt Blueberries	English muffin Peanut Butter	Graham crackers 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 Scrambled Eggs Broccoli Raspberries Toast	Milk Sausage (all meat) Corn Potatoes Bun	Milk Chicken Lettuce salad Blueberries Roll	Milk Ham/Cheese Sandwich Celery Apples Buns	Milk Chicken Broccoli Melon Bun	Milk Hamburgers Green beans Raspberries Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Carrot Sticks Crackers	Graham crackers Milk	Crackers Raspberries	Carrots & Celery sticks Peanut Butter	Crackers Yogurt	Apples Peanut Butter	Mixed Nuts Dried Fruit (raisins, cranberries) Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken salad Sandwich Cucumbers Tomatoes Bread	Milk Sausage (All Meat) Carrots Potatoes Bread	Milk Tuna Salad Carrots Apples Pasta	Milk Eggs Potatoes Raspberries Waffles	Milk Hamburgers Broccoli Watermelon Bread	Milk Cottage cheese Green beans w/almonds Peaches Bread sticks	Milk Chicken salad Sandwich Broccoli Melon Bun

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 Yogurt	Cheese Milk Cottage Cheese String cheese	Cheese Cottage cheese Milk Yogurt
MEAT	Cheese pizza (hm or cn) Chicken Eggs Fish (store bought) Ground beef Ham Hamburger Sausage (100% meat)	Chicken Eggs Ground beef Ham Hot dogs (all meat) Refried beans Tuna	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) Roast Beef Sausage (all meat) Tuna	Chicken Eggs Ground beef Ham Sausage (100% meat) Tuna
FRUITS & VEGETABLES	Apples Bananas Blueberries Carrots Celery Cucumbers Green Beans Lettuce Melon-Any kind Mixed Veggies Peaches Potatoes Potato salad Raspberries Summer Squash Tomatoes Tomato sauce	100% juice Apples Bananas Blueberries Broccoli Carrots Celery Corn Cucumbers Fruit Cocktail Green Beans Lettuce Melon-any kind Potatoes Raisins Sweet Potatoes 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 Green beans Lettuce Mixed fruit Peaches Potatoes Raspberries Tomatoes Watermelon
BREAD & CEREALS	Buns/hamb. Bread Bread sticks Cereal French toast Muffins Pancakes Pizza crust Taco shells Waffles	Bagel Bread sticks Bread Buns/hamb/ hot dogs Cereal Quick bread Tortilla	Bread Bread Sticks Buns-Hamb. Cereal-Cheerios English muffins French toast Muffins Pancakes Pasta Pizza crust Rice / brown	Bread Buns/ hamb./ hot dogs Cereal-Cheerios Muffins Pancakes Pasta Tortilla chips Waffles	Bread Bread sticks Bun / hot dogs Cereal English muffins Pasta Pizza Crust Rolls Waffles
STAPLES & MISC.	Crackers Peanut butter	Crackers Peanut butter	Juicesicles (100 % Juice) Crackers Mixed Nuts Peanut butter	Crackers Dried fruits Peanut butter Pretzels/ Hard or soft	Almonds Crackers Graham crackers Mixed Nuts 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