

DECEMBER 2018 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:

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

Week 1		Sunday Nov 25	Monday Nov 26	Tuesday Nov 27	Wednesday Nov 28	Thursday Nov 29	Friday Nov 30	Saturday Dec 1
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pears Eggs	Milk 100% Juice Cereal	Milk Potatoes Ham	Milk Apple Sauce Toast	Milk Bananas Cereal	Milk Potatoes Fresh Pork Sausage	Milk Pineapple Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Celery Peanut Butter	Cottage Cheese Peaches	Hamburger Bun (Pizza Bun) Spaghetti Sauce & Cheese	Toast Milk	Crackers Yogurt
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk CN or HM Corn Dogs Corn Applesauce Breading	Milk Chicken Broccoli Pineapple Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Broccoli Pineapple Crackers	Milk CN or HM Cheese Pizza Cabbage Salad Bananas Crust	Milk Hamburger Corn Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Crackers	Yogurt Graham crackers	Crackers Mixed Fruit	Cheese Wheat crackers	Peaches Muffins	Apples Peanut Butter	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Cabbage Salad Bananas Bun	Milk Ham Cabbage Salad Oranges Pasta	Milk Split Pea Soup Carrot sticks Bananas Crackers	Milk Meatballs Spaghetti Sauce Broccoli Pasta	Milk Ham & Cheese Omelet Potatoes Apples Toast	Milk HM Chicken Soup Celery Sticks Pineapple Wild Rice	Milk CN or HM Corn Dogs Broccoli Oranges Breading

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.

Week 2		Sunday Dec 2	Monday Dec 3	Tuesday Dec 4	Wednesday Dec 5	Thursday Dec 6	Friday Dec 7	Saturday Dec 8
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Muffins	Milk 100% Juice Cereal	Milk Oranges Toast	Milk Bananas Muffins	Milk Potatoes Eggs	Milk 100% Juice Cereal	Milk Apples Muffins
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Rice cakes Apples	Cheese Crackers	Cottage Cheese Peaches	Apples Graham Crackers	Yogurt Dip Carrot Sticks	Bananas Muffins	Milk Toast
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Green Beans Oranges Bread	Milk Meatballs Spaghetti Broccoli Peaches Pasta	Milk Pork Chops Broccoli Whole Cranberry Sauce Brown Rice	Milk HM Mac & Cheese Green beans Bananas w/ P.Butter Pasta	Milk Hamburgers Squash Apples Bun	Milk Cottage Cheese Carrot sticks Apples /P.B. Crackers	Milk Turkey Green Beans Apples Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Toast	Milk Muffins	Cheese Crackers	Cinnamon Toast Milk	Milk Cereal	Oranges Rice cakes	Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage cheese Carrot sticks Peaches Crackers	Milk Pork Chops Green Beans Bananas Bread	Milk Fish (store bought) Squash Apples Bread	Milk Meatloaf Carrots Peaches Brown Rice	Milk Grilled Cheese Tomato Soup Bananas w/ Peanut butter Bread	Milk Turkey Potatoes Whole Cranberry Sauce Bread stuffing	Milk Meatballs Spaghetti Carrots Green Beans Pasta

Week 3		Sunday Dec 9	Monday Dec 10	Tuesday Dec 11	Wednesday Dec 12	Thursday Dec 13	Friday Dec 14	Saturday Dec 15
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Hot Cereal	Milk Oranges Yogurt	Milk 100% Juice Cereal	Milk Banana Eggs	Milk Oranges French Toast Sticks	Milk 100% Juice Pancakes	Milk Potatoes Fresh Pork Sausage
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Oranges	Crackers Plums	Cheese Crackers	Yogurt Peaches	Milk Bagels	Bananas Toast	Tomato Soup Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Meatloaf Sweet Potatoes Plums Bread	Milk Hamburger goulash Peas Peaches Pasta	Milk Egg Potatoes Peaches Bread	Milk Grilled turkey & cheese Tomato soup Celery Sticks Bread	Milk Chicken Sweet Potatoes Corn Buns	Milk Hot Dogs (all meat) Cabbage salad Apricot Bun	Milk Chicken Corn Bananas Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Milk	Bananas Milk	Peanut Butter Celery Sticks	Bagels Yogurt	Cinnamon Toast 100% Juice	Cheese Bun	Peanut Butter Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot Dogs (all meat) Peas Apricots Bun	Milk Turkey Cabbage salad Oranges Bread	Milk Hamburgers Peas Sweet potatoes Bun	Milk Eggs Mixed veggies Plums Toast	Milk Yogurt Celery Sticks Bananas Bagels	Milk HM Mac & Cheese Peas Apricots w/Yogurt Pasta	Milk HM Chicken Noodle soup Mixed veggies Oranges Pasta

Week 4		Sunday Dec 16	Monday Dec 17	Tuesday Dec 18	Wednesday Dec 19	Thursday Dec 20	Friday Dec 21	Saturday Dec 22
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Hot Cereal	Milk Applesauce Waffles	Milk Banana Ham	Milk 100% Juice Cereal	Milk Pears Hot Cereal	Mil Potatoes Fresh Pork Sausage	Milk 100% Juice Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Slices Peanut butter	Banana Toast	Cheese Crackers	Peaches Yogurt	Peanut Butter Celery	Tortilla Cheese	Yogurt Peaches
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Corn Applesauce Brown Rice	Milk HM Chili w/Hamburger & Pinto Beans Pears Crackers	Milk Chicken Green Beans Apples Bread	Milk Grilled Ham & Cheese Sandwich Carrot Sticks Banana Bread	Milk Hamburger Sloppy Joes Lettuce salad Apples Bun	Milk Egg salad Peas Banana Bread	Milk Hamburgers Potatoes Pears Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Toast	Tortilla Cheese	Yogurt Bananas	Waffles Milk	Cheese Crackers	Apple Slices Peanut Butter	Applesauce Toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk HM Chili w/ Hamburger & Pinto Beans Banana Bread	Milk Ham Peas Apples Bun	Milk Cheese omelet Potatoes Peaches Waffles	Milk Meatloaf Corn Apples Bread	Milk Chicken Peas Peaches Brown Rice	Milk Hamburger Sloppy joes Lettuce salad Corn Bun	Milk Yogurt Apples Carrot Sticks Crackers

Week 5		Sunday Dec 23	Monday Dec 24	Tuesday Dec 25	Wednesday Dec 26	Thursday Dec 27	Friday Dec 28	Saturday Dec 29
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Kiwi Muffin	Milk Banana Eggs	Milk 100% Juice Muffin	Milk Orange Toast	Milk 100% Juice Waffles	Milk Bananas Cereal	Milk Kiwi Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100% Juice	Quick Breads Milk	Peanut butter Toast	String Cheese Pretzels Hard/ Soft	Yogurt Crackers	Pita Bread Peanut Butter	Milk Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger hot dish Green beans Tater tots Bread	Milk Chicken Cabbage salad Apples Brown Rice	Milk Hot Dogs (all meat) Baked Beans French Fries Bun	Milk Hamburger hot dish Tater tots Carrots Bread	Milk Egg Salad Peas Apples Pita bread	Milk CN or HM Cheese Pizza Carrots Kiwi Crust	Milk Hamburger Baked beans Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples String Cheese	Yogurt Crackers	Cereal Milk	Banana Crackers	Toast Milk	Milk Muffin	Peanut butter Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Cabbage salad Broccoli Brown Rice	Milk Meatloaf Green beans Potatoes Bread	Milk Eggs Potatoes Kiwi Toast	Milk Peanut butter sandwich Carrots Yogurt w/ Apples Bread	Milk HM Chicken rice soup Broccoli Kiwi Brown Rice	Milk Hamburger sloppy joes Green beans Apples Buns	Milk Yogurt Carrots Oranges Waffles

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Milk Yogurt	Cheese Milk Cottage cheese Yogurt	Cheese Milk Yogurt	Cheese Milk Yogurt	Milk String Cheese Yogurt
MEAT	Cheese pizza (hm or cn) Chicken Corn dogs (hm or cn) Eggs Ground beef Ham Hamburgers Tuna	Fish (store bought) Ground Beef Hamburger Pork Chops Turkey Eggs	Chicken Eggs Fresh Pork Sausage Ground Beef Hot Dogs (all meat) Hamburger Turkey	Chicken Eggs Fresh Pork Sausage Ground Beef Ham Hamburger	Cheese Pizza (hm or cn) Chicken Ground Beef Hot dogs (all meat) Eggs Hamburger
FRUITS & VEGETABLES	100% juice Apples Bananas Broccoli Cabbage Carrots Corn Kiwi Oranges Pineapple Potatoes Tater tots Tomato sauce	100% Juice Apples Bananas Broccoli Carrots Cranberries (Whole) Green beans Oranges Peaches Potatoes Spaghetti Sauce Squash Tomato Soup	100% Juice Apricots Bananas Cabbage Celery Sticks Corn Mixed Veggies Oranges Peaches Peas Plums Potatoes Sweet Potatoes Tomato soup	100% Juice Apples Applesauce Beans (pinto) Bananas Carrot Sticks Corn Green beans Lettuce Peaches Pears Peas Potatoes Tomato Sauce	100% Juice Apples Bakes beans Bananas Broccoli Cabbage Carrots French Fries Green Beans Kiwi Oranges Peas Potatoes Tater tots Tomato sauce
BREAD & CEREALS	Bread Cereal Hamburger Buns Muffins Pasta pita bread Pizza Crust Rice Pancakes	Bread Bread stuffing Brown Rice Hamburger Buns Cereal Muffins Pasta Rice cakes	Bagel Bread Cereal Hot/Cold French Toast sticks Hamburger Buns Hot Dog Buns Pancakes Pasta	Bread Cereal Cold & Hot Hamburger Buns Oatmeal Rice (brown) Tortillas Waffles	Bread Cereal English Muffins Hamburger Buns Hot Dog Buns Muffins Pita Bread Quick Bread Rice (brown) Waffles
STAPLES & MISC.	Crackers Peanut Butter	Crackers Graham Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter Pretzels Hard/ Soft

Remember to record HM or CN, as applicable, on your E-Z menu form when making menu substitutions.

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 _____

Date: _____

Signature of care provider

Dec 30- Breakfast; Milk, Apple, Muffin. AM Snack; Toast, 100% Juice. Lunch; Milk, Hamburger Hot dish, Tater tots, Peas, Bread. PM Snack; Apples, Peanut Butter. Supper; Milk, Chicken, Cabbage salad, Broccoli, Brown Rice

Dec 31- Breakfast; Milk, Banana, Toast. AM Snack; English muffin, Milk. Lunch; Milk, Chicken, Cabbage Salad, Apples, Brown Rice. PM Snack; Yogurt, Banana. Supper; Milk, Meatloaf, Peas, Oranges, Bread.