

# DECEMBER 2020 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:

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

Week 1		Sunday Nov 29	Monday Nov 30	Tuesday Dec 1st	Wednesday Dec 2nd	Thursday Dec 3rd	Friday Dec 4th	Saturday Dec 5th
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Peaches Eggs	Milk 100% Juice Cereal	Milk Potatoes Ham	Milk Applesauce Toast	Milk Bananas Cereal	Milk Potatoes Egg	Milk Pineapple Pancakes
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Toast Peanut Butter	Quick Bread Peaches	(Mini Cheese Pizza) Cheese Bun Tomato Sauce	Muffins Milk	Crackers Cheese
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk Fish (store bought) Corn Applesauce Brown Rice	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 Pizza Crust	Milk Ground Beef (sloppy joes) Corn Apples Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut butter	Yogurt Crackers	Quick Bread Mixed Fruit	Cottage Cheese Crackers	Peaches Muffins	Apples Peanut Butter	Cereal Milk
<b>Supper</b>	*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 Spaghetti w/ ground beef Tomato Sauce Broccoli Pasta	Milk Ham & Cheese Omelet Potatoes Apples Toast	Milk Chicken Celery Sticks Pineapple Brown Rice	Milk Fish (store bought) Broccoli Oranges Brown Rice

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 6th	Monday Dec 7th	Tuesday Dec 8th	Wednesday Dec 9th	Thursday Dec 10th	Friday Dec 11th	Saturday Dec 12th
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Muffins	Milk Banana Cereal	Milk Oranges Toast	Milk Bananas French toast sticks	Milk Potatoes Eggs	Milk Oranges Hot Cereal	Milk Apples Hard boiled Eggs
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Rice cakes Apples	Cheese Crackers	Rice Cakes Peaches	100% Juice Crackers	Peanut Butter Celery	Bananas Muffins	Milk Toast
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Green Beans Oranges Bread	Milk Meatballs CN/HM Spaghetti Broccoli Peaches Pasta	Milk Chicken Broccoli Whole Cranberry Sauce Brown Rice	Milk HM Mac & Cheese Green beans Apples w/ Peanut Butter Pasta	Milk Meatloaf sandwich Squash Banana Bun	Milk Bean Soup Celery sticks Apples /P.B. Crackers	Milk Turkey Sandwich Carrot & Celery Sticks Oranges Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Toast	Milk Muffins	Cheese Crackers	Cinnamon Toast Milk	Milk Cereal	Milk Graham Crackers	Cheese Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Bean Soup Carrot sticks Peaches Crackers	Milk Chicken Green Beans Applesauce Bread	Milk Fish (store bought) Squash Apples Bread	Milk Meatloaf Carrots Peaches Brown Rice	Milk Grilled Cheese Tomato Soup Apples w / Peanut butter Bread	Milk Turkey Green Beans Whole Cranberry Sauce Bread stuffing	Milk Meatballs CN/HM Spaghetti Broccoli Peaches Pasta

Week 3		Sunday Dec 13	Monday Dec 14	Tuesday Dec 15	Wednesday Dec 16	Thursday Dec 17	Friday Dec 18	Saturday Dec 19
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Hot Cereal	Milk Kiwi Yogurt	Milk Pineapple Cereal	Milk Pears Cereal	Milk Kiwi French Toast Sticks	Milk 100% Juice Pancakes	Milk Potatoes Fresh Pork Sausage
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Pineapple	Crackers String Cheese	Yogurt Bagels	Toast Peaches	Milk Bagels	Bananas Toast	Tomato Soup Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast Beef Baked Sweet Potatoes Pears Bread	Milk Hamburger goulash Peas Peaches Pasta	Milk Egg Potatoes Peaches Bread	Milk Grilled turkey & cheese Tomato soup Kiwi Bread	Milk Chicken salad sandwich Corn Sweet Potato Fries Buns	Milk Hot Dogs (all meat) Cabbage salad Apple Bun	Milk Chicken Corn Bananas Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Yogurt	Bananas Milk	Peanut Butter Celery Sticks	Bagels Tuna	Cinnamon Toast Sliced apples	Cereal Milk	Peanut Butter Celery
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot Dogs (all meat) Peas Apples Bun	Milk Roast Beef sandwich Cabbage salad Pears Bread	Milk Hamburgers Peas Sweet Potato Fries Bun	Milk Eggs Mixed veggies Pineapple Toast	Milk Tuna Hot dish Peas Bananas Pasta	Milk HM Mac & Cheese w/Hot Dog pieces Peas Kiwi Pasta	Milk HM Chicken Noodle soup Mixed veggies Apples Crackers

Week 4		Sunday Dec 20	Monday Dec 21	Tuesday Dec 22	Wednesday Dec 23	Thursday Dec 24	Friday Dec 25	Saturday Dec 26
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Quick Bread	Milk Applesauce Waffles	Milk Banana Ham	Milk 100% Juice Cereal	Milk Pears Hot Cereal	Milk Potatoes Fresh Pork Sausage	Milk 100% Juice Pancakes
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Slices Peanut butter	Banana Toast	Cheese Crackers	Peaches Yogurt	Peanut Butter Celery	Tortilla Cheese Wrap	Pears Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Corn Potatoes Rolls	Milk HM Chili w/Hamburger & Pinto Beans Pears Crackers	Milk Chicken Green Beans Scalloped Potatoes Rolls	Milk Grilled Ham & Cheese Sandwich Carrot Sticks Applesauce Bread	Milk Hamburger Sloppy Joes Peas French Fries Bun	Milk Egg salad Green beans Banana Bread	Milk Cheese Burgers French Fries Corn Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Toast	Tortilla Cheese Wrap	Yogurt Apples	Quick Bread Milk	Cheese Crackers	Apple Slices Peanut Butter	Applesauce Quick Bread
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk HM Chili w/ Hamburger & Pinto Beans Banana Crackers	Milk Ham Peas Scalloped Potatoes Bun	Milk Cheese omelet Potatoes Peaches Waffles	Milk Hamburgers Sloppy Joes Tossed Salad Bananas Bun	Milk Ham Corn Baked Potato Rolls	Milk Hamburgers Lettuce salad Peaches Bun	Milk Yogurt Lettuce Salad Carrot Sticks Crackers

Week 5		Sunday Dec 27	Monday Dec 28	Tuesday Dec 29	Wednesday Dec 30	Thursday Dec 31st	Friday Jan 1	Saturday Jan 2
<b>Breakfast</b>	*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
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *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
<b>Lunch</b>	*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
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *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
<b>Supper</b>	*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 Ham Broccoli Oranges Waffles

## Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	Cheese Cottage Cheese Milk Yogurt	Cheese Milk	Cheese Milk String Cheese Yogurt	Cheese Milk Yogurt	Milk String Cheese Yogurt
<b>MEAT</b>	Cheese pizza (hm or cn) Chicken Eggs Fish (store bought) Ground beef Ham Hamburgers	Chicken Eggs Fish (store bought) Ground Beef Meat Balls CN/HM Turkey	Chicken Eggs Fresh Pork Sausage Ground Beef Hot Dogs (all meat) Hamburgers Roast Beef Tuna Turkey	Chicken Eggs Fresh Pork Sausage Ground Beef Ham Hamburgers	Cheese Pizza (hm or cn) Chicken Ground Beef Hot dogs (all meat) Eggs Hamburgers
<b>FRUITS &amp; VEGETABLES</b>	100% juice Apples Applesauce Bananas Broccoli Cabbage Carrots Celery Corn Oranges Peaches Pineapple Potatoes Split Pea Soup Tomato sauce	100% Juice Apples Applesauce Bananas Bean Soup Broccoli Carrots Cranberries (Whole) Green beans Oranges Peaches Potatoes Spaghetti Sauce Squash Tomato Soup	100% Juice Apples Bananas Cabbage Celery Sticks Corn Kiwi Mixed Veggies Peaches Peas Pears Pineapple Potatoes Sweet Potatoes Tomato soup	100% Juice Apples Applesauce Beans (pinto) Bananas Carrot Sticks Corn Green beans French Fries 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
<b>BREAD &amp; CEREALS</b>	Bread Cereal Hamburger Buns Muffins Pasta Quick Bread Pizza Crust Brown Rice Pancakes	Bread Bread stuffing Brown Rice French Toast Sticks Hamburger Buns Cereal -Hot 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 Quick Bread Rolls Tortillas Waffles	Bread Cereal Hamburger Buns Hot Dog Buns Muffins Pita Bread Quick Bread Rice (brown) Waffles
<b>STAPLES &amp; MISC.</b>	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**