

DECEMBER 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:

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

Week 1		Sunday Nov 28	Monday Nov 29	Tuesday Nov 30th	Wednesday Dec 1st	Thursday Dec 2nd	Friday Dec 3rd	Saturday Dec 4th
Breakfast	*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 Scrambled Eggs	Milk Pineapple Pancakes
AM Snack	Serve 2 of the following: *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 100% Juice	Crackers Cheese
Lunch	*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 Hot dish Broccoli Pineapple Bread	Milk Ham Sandwich Split Pea Soup Apples Bread	Milk Ham & Cheese Omelet Potatoes Apples Toast	Milk CN or HM Cheese Pizza Cabbage Salad Apples w/ Peanut Butter Pizza Crust	Milk Spaghetti w/ ground beef Tomato Sauce Corn Pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut butter	Yogurt Crackers	Quick Bread Mixed Fruit	Cottage Cheese Crackers	Milk Muffins	Crackers Bananas	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 Spaghetti w/ ground beef Tomato Sauce Broccoli Pasta	Milk Cottage Cheese Lettuce Salad Pineapple Crackers	Milk HM Chicken Rice Soup 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 5th	Monday Dec 6th	Tuesday Dec 7th	Wednesday Dec 8th	Thursday Dec 9th	Friday Dec 10th	Saturday Dec 11th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Muffins	Milk Banana Cereal	Milk Oranges Toast	Milk Bananas Pancakes	Milk Potatoes Eggs	Milk Oranges Hot Cereal	Milk Fruit Salad Hard boiled Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cn/Hm Hummus Carrots & Celery sticks	Cheese Crackers	Egg Salad Tortilla	100% Juice Crackers	Peanut Butter Celery Raisins	Fruit Cocktail Crackers	Cheese English Muffins
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ground Beef (Sloppy Joes) Green Beans Oranges Bun	Milk Meatballs CN/HM Spaghetti Broccoli Pears Pasta	Milk Chicken Stir Fry Broccoli Fruit Cocktail 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 with Peanut butter Crackers	Milk Turkey Sandwich Broccoli Oranges Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Toast	Milk Muffins	Cn/Hm Hummus Crackers	Cinnamon Toast Milk	Milk Cereal	Bananas English Muffins	Peanut Butter Celery Raisins
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Bean Soup Lettuce Salad Apples Crackers	Milk Chicken Green Beans Applesauce Bread	Milk Ground Beef (Sloppy Joes) Squash Apples Bun	Milk Meatloaf Carrots Potatoes Bread	Milk Grilled Cheese Tomato Soup Apples w / Peanut butter Bread	Milk Turkey Green Beans Fruit Salad Bread stuffing	Milk Meatballs CN/HM Spaghetti Lettuce Salad Pears Pasta

Week 3		Sunday Dec 12	Monday Dec 13	Tuesday Dec 14	Wednesday Dec 15	Thursday Dec 16	Friday Dec 17	Saturday Dec 18
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Hot Cereal	Milk Kiwi Yogurt	Milk Pineapple Cereal	Milk Oranges Cereal	Milk Bananas French Toast Sticks	Milk Pears Pancakes	Milk Potatoes Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Pineapple	Crackers String Cheese	Yogurt Bagels	Toast Fruit Cocktail	Pears Bagels	Bananas Crackers	Tomato Soup Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast Beef Baked Sweet Potatoes Corn Bread	Milk Hamburger Peas Banana Bun	Milk Egg Potatoes Oranges Bread	Milk Grilled Ham & 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
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Yogurt	Cereal Milk	Peanut Butter Crackers	Bagels Tuna	Peanut Butter Sliced apples	Cereal Milk	String Cheese Fruit Cocktail
Supper	*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 19	Monday Dec 20	Tuesday Dec 21	Wednesday Dec 22	Thursday Dec 23	Friday Dec 24	Saturday Dec 25
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Quick Bread	Milk Applesauce Waffles	Milk Banana Ham	Milk 100% Juice Cereal	Milk Oranges Hot Cereal	Milk Potatoes Eggs	Milk 100% Juice Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Slices Peanut butter	Yogurt Quick Bread	Cheese Crackers	Toast Fruit Cocktail	Tortilla Cheese wrap	Peanut Butter Celery	Cheese Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Green Beans Potatoes Rolls	Milk Egg salad Broccoli Banana Bread	Milk Chicken Green Beans Scalloped Potatoes Rolls	Milk Grilled Ham & Cheese Sandwich Carrot Sticks Applesauce Bread	Milk Lasagna with Ground Beef Tossed Salad Pears Lasagna noodles	Milk Cheese & Ham Pizza Broccoli Banana Pizza Crust	Milk HM Chili w/Hamburger & Pinto Beans Pears Corn Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Tortilla Cheese Wrap	Yogurt Apples	Pretzels Hard/Soft Milk	Peanut butter Apple Slices	Yogurt Crackers	Applesauce Pretzels Hard/ Soft
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Grilled Cheese sandwich Tomato Soup Banana & Peanut Butter Bread	Milk Ham Peas Scalloped Potatoes Rolls	Milk Cheese omelet Potatoes Oranges Toast	Milk Lasagna with Ground Beef Tossed Salad Bananas Lasagna noodles	Milk Ham Peas Baked Potato Rolls	Milk HM Chili w/Hamburger & Pinto Beans Mixed Fruit Corn Bread	Milk Chicken Lettuce Salad Potatoes Rolls

Week 5		Sunday Dec 26	Monday Dec 27	Tuesday Dec 28	Wednesday Dec 29	Thursday Dec 30th	Friday Dec 31st	Saturday Jan 1st
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 Potatoes (100% meat) Sausage
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Yogurt	Quick Bread Milk	Peanut butter Toast	String Cheese Pretzels Hard/ Soft	Oranges Crackers	Toast Peanut Butter	Milk Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger hot dish Green beans Tater tots Bread	Milk Turkey Cabbage salad Apples Bread Stuffing	Milk Meatloaf Sandwich Baked Beans French Fries Bun	Milk Hamburger hot dish Tater tots Carrots Bread	Milk Egg Salad Potatoes Apples Bread	Milk CN or HM Sausage & Cheese Pizza Carrots Mixed Fruit Pizza Crust	Milk Ground Beef (sloppy joes) 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	Quick Bread Milk	100% Juice Pretzels Hard/ Soft	Peanut butter Crackers
(Supper)	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Turkey Cabbage salad Broccoli Bread Stuffing	Milk Meatloaf Green beans Potatoes Bread	Milk Eggs Potatoes Kiwi Toast	Milk HM Turkey rice soup Broccoli Kiwi Brown Rice	Milk Grilled Cheese sandwich Tomato Soup Carrots Bread	Milk Ground Beef (sloppy joes) Green beans Mixed Fruit Buns	Milk Ham Broccoli Oranges Waffles

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Cottage Cheese Milk Yogurt	Cheese Milk	Cheese Milk String Cheese Yogurt	Cheese Milk Yogurt	Milk String Cheese Yogurt
MEAT	Cheese pizza (hm or cn) Chicken Eggs Fish (store bought) Ground beef Ham Hamburgers	Chicken Eggs Fish (store bought) Ground Beef Hummus CN/HM Meat Balls CN/HM Turkey	Chicken Eggs Ham Hot Dogs (all meat) Hamburgers Roast Beef Tuna	Chicken Eggs Ground Beef Ham	Cheese Pizza (hm or cn) Ground Beef Eggs Sausage (100% meat) Turkey
FRUITS & VEGETABLES	100% Juice Apples Applesauce Bananas Broccoli Cabbage Carrots Celery Corn Oranges Peaches Pineapple Potatoes Split Pea Soup Spaghetti sauce	100% Juice Apples Applesauce Bananas Bean Soup Broccoli Carrots / Celery Fruit Cocktail Green beans Lettuce Oranges Pears Potatoes Spaghetti Sauce Squash Tomato Soup Tomato Sauce	100% Juice Apples Bananas Cabbage Corn Fruit Cocktail Kiwi Mixed Veggies Oranges Peas Pears Pineapple Potatoes Sweet Potatoes Tomato soup	100% Juice Apples Applesauce Beans (pinto) Bananas Broccoli Carrot Sticks Green beans Fruit Cocktail Lettuce Mixed Fruit Oranges Pears Peas Potatoes Tomato Sauce Tomato Soup	100% Juice Apples Bakes beans Bananas Broccoli Cabbage Carrots French Fries Green Beans Kiwi Mixed Fruit Oranges Potatoes Tater tots Tomato sauce
BREAD & CEREALS	Bread Cereal Hamburger Buns Muffins Pasta Quick Bread Pizza Crust Brown Rice Pancakes	Bread Bread stuffing Brown Rice English Muffins Hamburger Buns Cereal -Hot Muffins Pancakes Pasta Rice cakes Tortilla	Bagel Bread Cereal Hot/Cold French Toast sticks Hamburger Buns Hot Dog Buns Pancakes Pasta	Bread Cereal Cold & Hot Cornbread Lasagna Noodles Quick Bread Rolls Tortillas Waffles	Bread Bread Stuffing Cereal Hamburger Buns Muffins Quick Bread Rice (brown) Waffles
STAPLES & MISC.	Crackers Peanut Butter	Crackers Peanut Butter Raisins	Crackers Peanut Butter	Crackers Peanut Butter Pretzels Hard/ Soft	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