

February 2019 E-Z MENU PLANNER

Provider's Name: _____

Providers Number: _____

*List all **100%** juice 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.

Week 1		Sunday Jan 27	Monday Jan 28	Tuesday Jan 29	Wednesday Jan 30	Thursday Jan 31	Friday Feb 1	Saturday Feb 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk applesauce English Muffin	milk peaches yogurt	milk apples waffles	milk oranges English Muffins	milk potatoes eggs	milk 100% juice cereal	milk peaches sausage fresh pork
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast milk	tune crackers	English muffin milk	yogurt apples	celery peanut butter	English muffins tuna	toast peanut butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk fish (store bought) green beans oranges brown rice	milk roast beef cauliflower oranges bread	milk turkey potatoes green beans bread	milk all meat hot dogs corn applesauce bun	milk ground beef meatballs lettuce salad peaches spaghetti	milk CN or HM cheese pizza Corn apples crust	milk hamburger French Fries green beans bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Wheat crackers cheese	Peanut butter celery	cheese crackers	waffles peanut butter	milk cereal	yogurt peaches	cheese crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk roast beef potatoes corn bread	milk ground beef lettuce salad peaches taco shell	milk roast beef cauliflower peaches bun	milk ground beef/cheese celery apples lasagna noodles	milk fish (store bought) green beans applesauce crackers	milk turkey celery cauliflower wild rice	milk eggs potatoes apples toast

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 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice pancakes	milk banana cereal	milk potatoes eggs	milk apples hot cereal	milk pineapple English Muffin	milk oranges Ham	milk peaches yogurt
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	toast peanut butter	yogurt crackers	cold cereal milk	cheese crackers	apples string cheese	crackers peaches	carrot sticks milk
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk hamburger broccoli oranges bun	milk bean soup carrot sticks apples crackers	milk turkey corn banana bread stuffing	milk Meatloaf potatoes green beans bread	milk Ham corn banana hoagie bun	milk HM or CN pep. & cheese pizza corn pineapple crust	milk meatballs spaghetti sauce broccoli pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	apples cheese	English muffin milk	cottage cheese peaches	Hard boiled egg toast	bread sticks spaghetti sauce	toast milk	peanut butter apples
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk turkey squash pineapple bread stuffing	milk cheese burgers broccoli peaches bun	milk hamburger goulash squash apples pasta	milk bean soup carrot sticks bananas bread sticks	milk meatloaf squash potatoes bread	milk ham sandwich carrots banana bread	milk Ham & cheese Corn apples hoagie bun

Week 3		Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100% juice cereal	milk grapes eggs	milk bananas yogurt	milk peaches waffles	milk pineapple cereal	milk applesauce toast	milk pineapple cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk bagel	celery sticks peanut butter	milk muffin	Quick bread yogurt	English muffin Peanut butter	soft pretzels 100% juice	grapes crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk hamburger hotdish corn grapes noodles	milk refried bean & cheese broccoli applesauce tortilla	milk chicken tossed salad pineapple bread stuffing	milk hamburgers tomato slices grapes bun	milk tuna & cheese sandwich celery sticks broccoli bread	milk fish (store bought) corn grapes buns	milk chicken lettuce salad peaches bread sticks
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	applesauce crackers	pineapple cottage cheese	soft pretzels mixed fruit	peaches milk	crackers cheese	peaches yogurt	mixed fruit muffin
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk fish (store bought) broccoli lettuce salad bread sticks	milk chicken corn peaches bread stuffing	milk refried bean & cheese tomato slices grapes tortilla	milk tuna & cheese hotdish corn apples noodles	milk scrambled eggs broccoli mixed fruit waffles	milk ground beef lettuce & tomato applesauce tortilla	milk tuna sandwich French fries broccoli bread

Week 4		Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Strawberries Pancakes	Milk Bananas English muffin	Milk Apples Hot cereal	Milk Oranges Pancakes	Milk Potatoes Ham	Milk Apples Sausage (all meat)	Milk Strawberries Ham
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	English Muffin Cheese	100 % juice Crackers	Milk Quick bread	Soft pretzel 100 % juice	Strawberries Biscuits	Oranges Crackers	Bananas Yogurt
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sausage (all meat) Potatoes Bananas Bagel	Milk Scrambled eggs Potatoes Apples Toast	Milk Hamburgers Corn Bananas Buns	Milk Ham Carrots Potatoes Bread	Milk Chicken Green beans Oranges Bun	Milk Roast beef Potatoes Carrots Biscuits	Milk Chicken Corn Oranges Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Peanut butter Bread	Yogurt dip Carrots	Apple Cheese	Cinnamon toast Milk	Cheese Tortilla	English muffin Peanut Butter
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Split pea soup Carrot sticks Oranges Crackers	Milk Hamburger Sloppy joes Green Beans Bananas Buns	Milk Chicken Green beans Strawberries Biscuits	Milk Egg salad Corn Strawberries Buns	Milk Sausage (all meat) Potatoes Bananas Pancakes	Milk Split pea soup Tossed salad Bananas Bread	Milk Roast beef Green beans Apples Biscuits
Week 5		Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday March 1	Saturday March 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Fruit cocktail Toast	Milk Potatoes Sausage (all meat)	Milk Bananas French toast sticks	Milk Pears Toast	Milk Tangerine Bagel	Milk Apples Cereal	Milk Banana Yogurt
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Apples	Hard boiled egg Crackers	Hot Cereal Milk	Rice cake Peanut butter	French toast sticks 100 % juice	Muffins Milk	Toast Tangerines
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk CN or HM Corn dog Pea Pears Breeding	Milk Roast beef Veg. soup Tangerines Bun	Milk Tuna hotdish Peas Apple Noodles	Milk Turkey Green beans Tangerine Brown Rice	Milk Scrambled Eggs Green Beans Apples Toast	Milk Tuna Melt Peas Fruit cocktail Bread	Milk Grilled Cheese Cauliflower Apples/ w p.b. Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Rice cakes Bananas	Milk Cornbread	Pears Yogurt	Milk Bagel	Cheese Crackers	Crackers Tangerines	Tuna Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Green beans Apples Bread	Milk Grilled cheese Peas Banana w / yogurt Bread	Milk Roast beef Green beans Tangerine Brown Rice	Milk Scrambled eggs Potatoes Fruit Cocktail Toast	Milk HM or CN Cheese pizza Cauliflower Fruit cocktail Crust	Milk Bbq beef Potatoes Apples Bun	Milk Turkey Green beans Pears Noodles

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	cheese milk yogurt	Cheese cottage cheese String Cheese milk yogurt	cheese cottage cheese milk yogurt	Cheese Milk yogurt	Cheese Milk Yogurt
MEAT	cheese pizza (hm or cn) eggs Fish (store bought) ground beef hot dogs 100% meat roast beef Sausage-fresh pork Tuna turkey	bean soup eggs ground beef Ham pepperoni and cheese pizza (hm or cn) turkey	beans (refried) chicken eggs fish (store bought) ground beef tuna	Chicken Eggs Ground beef Ham Roast beef Sausage – Pork/ Italian Split pea soup	Cheese pizza (CN or HM) Corn dogs (CN or HM) Eggs Roast beef Sausage (all meat) Tuna Turkey & ground
FRUITS & VEGETABLES	100% juice Apples applesauce cauliflower celery corn French fries green beans lettuce oranges peaches potatoes tomato sauce	100% juice apples bananas broccoli carrots corn green beans oranges peaches pineapple potatoes squash spaghetti sauce	100% juice apples applesauce bananas broccoli celery corn French fries grapes lettuce mixed fruit peaches pineapple tomatoes	100% juice Apples Bananas Carrots Corn Green beans Lettuce Oranges Potatoes Strawberries Tomato sauce	100% juice Apples Bananas Cauliflower Fruit cocktail Green beans Pears Peas Potatoes Tangerines Vegetable soup
BREAD & CEREALS	bread cereal English muffin hamburger buns hot dog buns lasagna noodles rice/ brown & wild spaghetti taco shells waffles	bread bread stuffing bread sticks cereal / hot cereal English muffins hamburger buns hoagie buns pancakes pasta	bagel bread / Quick bread bread sticks bread stuffing buns /Hamburger cereal English muffins Muffins noodles soft pretzels tortilla waffles	Bagel Biscuits Bread Buns Cereal / Hot cereal English muffins Hamburger buns Pancakes Quick bread Soft pretzel Tortilla	Bagel Bread Buns Cereal / Hot cereal Cornbread French toast sticks Muffins Noodles Rice- Brown Rice cakes
STAPLES & MISC.	Wheat Crackers crackers peanut butter	crackers peanut butter	crackers peanut butter	Crackers Peanut butter	Crackers Peanut butter

Combination foods must be CN labeled or Homemade (HM) to credit. Remember to record HM or CN on 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