

January 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:

One serving of whole-grain rich per day

Week 1		Sunday Dec 30	Monday Dec 31	Tuesday Jan 1	Wednesday Jan 2	Thursday Jan 3	Friday Jan 4	Saturday Jan 5
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Apple Muffin	Milk Banana Toast	Milk 100% Juice Hot Cereal	Milk Oranges Muffin	Milk Banana Waffles	Milk Potatoes Eggs	Milk Potatoes Sausage Fresh pork
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100% Juice	English muffin Milk	Peanut butter Banana	Rice cakes 100% Juice	Yogurt Crackers	Apples Peanut Butter	Milk Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger hot dish Tater tots Peas Bread	Milk Chicken Cabbage salad Apples Brown rice	Milk CN or HM Corn dogs Baked Beans Broccoli Breeding	Milk Hamburger hot dish Tater tots Carrots Bread	Milk Chicken Peas Apples Pita bread	Milk CN or HM Cheese Pizza Carrots Bananas Crust	Milk Hamburger Baked beans Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut butter	Yogurt Banana	Muffin Milk	Egg Salad Pita bread	Yogurt Dip Carrots/ Celery sticks	Milk Cereal	Peanut butter Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Cabbage salad Broccoli Brown Rice	Milk Meatloaf Peas Oranges Bread	Milk Eggs Potatoes Bananas Pita Bread	Milk Tuna sandwich Carrots Yogurt w/ apples Bread	Milk HM or CN chicken rice soup Broccoli Kiwi Brown Rice	Milk Hamburger sloppy joes Peas Apples Buns	Milk Yogurt Potatoes Kiwi Waffles

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 Jan 6	Monday Jan 7	Tuesday Jan 8	Wednesday Jan 9	Thursday Jan 10	Friday Jan 11	Saturday Jan 12
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk apples pancakes	milk pears Yogurt	milk banana toast	milk applesauce pancakes	milk eggs potatoes	milk plums toast	milk banana Hot cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	cheese crackers	toast peanut butter	roast beef bun	100% juice crackers	apples cheese	yogurt bananas	Cheese Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk chicken corn plums bread	milk chicken casserole peas banana pasta	milk HM chicken soup carrot sticks apples pasta	milk meatloaf sweet potatoes plums bread	milk HM beef soup celery sticks bananas barley	milk hamburger corn pears bun	milk Tuna sandwich Celery yogurt/plums bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	banana peanut butter	cheese crackers	yogurt banana	cereal milk	tomato soup grilled cheese sandwich	milk crackers	milk cereal
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk tuna peas applesauce pasta	milk roast beef sweet potato applesauce bread	milk meatloaf corn pears bread	milk HM beef soup celery sticks apples barley	milk chicken peas carrots pasta	milk grilled tuna & Cheese sand. tomato soup apples	milk hamburger corn applesauce bun

Week 3		Sunday Jan 13	Monday Jan 14	Tuesday Jan 15	Wednesday Jan 16	Thursday Jan 17	Friday Jan 18	Saturday Jan 19
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk bananas toast	milk oranges French toast	milk 100% juice cereal	milk potatoes & eggs tortilla	milk bananas Yogurt	milk pears Sausage Fresh pork	milk oranges cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	pears crackers	rice cakes peanut butter	milk oranges	banana peanut butter	cheese crackers	toast fruit cocktail	100% meat hot dog bun
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk hamburger green beans oranges bun	milk egg salad mixed veggies pears bread	milk bbq pork French fries Fruit cocktail bun	milk HM mac. and cheese w/ turkey pieces green beans pears pasta	milk turkey lettuce salad oranges bun	milk HM or CN pep. & cheese pizza green beans bananas crust	milk scrambled eggs potatoes bananas bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk cereal	100% juice toast	cheese tortilla	cereal milk	peanut butter toast	milk cereal	pears toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk bbq pork mixed veggies bananas bun	milk meat balls green beans fruit cocktail pasta	milk turkey baked beans fruit cocktail bread	milk cheese omelet potatoes oranges toast	milk 100% meat hot dog baked beans bananas bun	milk turkey potatoes oranges bread	milk cheese green beans w / almonds fruit cocktail tortilla

Week 4		Sunday Jan 20	Monday Jan 21	Tuesday Jan 22	Wednesday Jan 23	Thursday Jan 24	Friday Jan 25	Saturday Jan 26
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk pears cereal	milk fruit cocktail pancakes	milk banana eggs	milk kiwi cereal	milk potatoes ham	milk banana cereal	milk apple toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	fruit cocktail crackers	apples peanut butter	milk cereal	cheese crackers	Kiwi toast	milk apple slices	milk cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk chicken sweet potatoes kiwi brown rice	milk split pea soup celery sticks bananas crackers	milk tuna/cheese sandwich broccoli pears bread	milk refried beans lettuce salad fruit cocktail taco shell	milk grilled ham & cheese carrots pears bread	milk chicken lettuce and tomato banana taco shell	milk eggs potatoes kiwi pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	boiled eggs toast	crackers kiwi	yogurt toast	peanut butter celery	Peanut butter apples	Graham crackers milk	cheese taco shells
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk refried beans lettuce salad broccoli taco shell	milk tuna casserole sweet potatoes pears pasta	milk split pea soup celery apples bread	milk ham broccoli pears brown rice	milk chicken lettuce salad banana pasta	milk ham & cheese sweet potatoes celery sticks bread	milk HM chicken noodle soup lettuce salad apples pasta

Week 5		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

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Yogurt Milk	cheese milk yogurt	cheese milk Yogurt	cheese cottage cheese milk	cheese milk yogurt
MEAT	Cheese Pizza (hm or cn) Chicken Corn Dogs (hm or cn) Eggs Ground Beef Hamburger Sausage-Fresh Pork Tuna	Chicken eggs ground beef Hamburgers roast beef tuna	almonds eggs ground beef Hamburgers 100% meat hot dogs pep. & cheese pizza (hm or cn) pork Sausage-Fresh Pork turkey	chicken eggs ham refried beans split pea soup tuna	cheese pizza (hm or cn) eggs Fish (store bought) ground beef hot dogs 100% meat roast beef Sausage-fresh pork Tuna turkey
FRUITS & VEGETABLES	100% Juice Apples Bakes beans Bananas Broccoli Cabbage Carrots Kiwi Oranges Peas Potatoes Tater tots Tomato sauce	100% juice Apples Applesauce bananas carrots celery corn pears peas plums potatoes sweet potatoes tomato soup	100% juice baked beans bananas french fries fruit cocktail green beans Lettuce mixed veggies oranges pears potatoes BBQ sauce	apples bananas broccoli carrots celery fruit cocktail kiwi lettuce pears potatoes sweet potatoes tomatoes	100% juice Apples applesauce cauliflower celery corn French fries green beans lettuce oranges peaches potatoes tomato sauce
BREAD & CEREALS	Bread Cereal/ Hot English Muffins Hamburger Buns Muffins Pita Bread Rice/ brown Rice Cakes Waffles	barley bread buns cereal / Hot pancakes pasta	bread cereal French toast hamburger buns hot dog buns pasta rice cakes tortillas	bread cereal pancakes pasta rice / Brown taco shells	bread cereal English muffin hamburger buns hot dog buns lasagna noodles rice/ brown & wild spaghetti taco shells waffles
STAPLES & MISC.	Crackers Peanut Butter	crackers peanut butter	crackers peanut butter	Graham crackers crackers peanut butter	Wheat Crackers crackers peanut butter

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