

January 2021 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 27	Monday Dec 28	Tuesday Dec 29	Wednesday Dec 30	Thursday Dec 31	Friday Jan 1	Saturday Jan 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Kiwi Muffin	Milk Banana Scrambled Eggs	Milk 100% Juice Muffins	Milk Oranges 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 Tater tots Green Beans 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 Bun/rolls	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	Crackers Bananas	Toast Milk	Milk Muffin	String Cheese 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 or CN chicken rice soup Broccoli Kiwi Brown Rice	Milk Hamburger (sloppy joes) Green Beans Apples Buns	Milk Ham Broccoli Oranges 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.

*** Grapes may be a choking hazard, cut up in pieces if necessary

Week 2		Sunday Jan 3	Monday Jan 4	Tuesday Jan 5	Wednesday Jan 6	Thursday Jan 7	Friday Jan 8	Saturday Jan 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Potatoes Ham	Milk Pears Pancakes	Milk Banana Toast	Milk 100% Juice Cereal	Milk Eggs Potatoes	Milk Bananas Toast	Milk Banana Hot Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Toast Cottage Cheese	Roast beef Bun	Fruit Cocktail Crackers	Apples Cottage Cheese	Yogurt Fruit Cocktail	Peanut butter Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Corn Fruit Cocktail Bread Stuffing	Milk Chicken Casserole Peas Banana Pasta	Milk HM Chicken soup Carrot sticks Apples Pasta	Milk Meatloaf Sweet potatoes Pears Bread	Milk HM Beef Barley Soup Celery sticks Bananas Barley	Milk Sausage (100% meat) Mix vegetables Pears French Toast	Milk Tuna Sandwich Mixed Vegetables Apples with Yogurt Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Banana Peanut butter	Oranges Crackers	Yogurt Graham Crackers	Cinnamon Toast Milk	Milk Grilled Cheese Sandwich	Oranges Crackers	Milk Graham Crackers
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 Barley Soup Celery sticks Apples Barley	Milk Sausage (100% meat) Potatoes Oranges Pancakes	Milk Grilled Tuna & Cheese Sandwich Tomato soup Apples Bread	Milk Ham Sweet Potatoes Fruit Cocktail Bun

Week 3		Sunday Jan 10	Monday Jan 11	Tuesday Jan 12	Wednesday Jan 13	Thursday Jan 14	Friday Jan 15	Saturday Jan 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Ham	Milk Oranges French toast	Milk 100% Juice Hot Cereal	Milk Potatoes & Eggs in Tortilla wrap	Milk Bananas Hot Cereal	Milk Peaches Ham	Milk 100% Juice Hot Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Rice Cakes Peanut butter	Milk Pretzel Soft / Hard	Milk Cereal	String 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 (100% Meat) Hot Dog Mixed veggies Pears Bun	Milk BBQ Pork French fries Fruit cocktail Bun	Milk HM Mac. and Cheese w/ Turkey pieces Green beans Pears Pasta	Milk Turkey sandwich Lettuce salad Whole Cranberries Bun	Milk HM or CN Ham & 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 in Tortilla wrap	Crackers Peaches	Peanut butter Toast	Milk Cereal	Pears Toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk BBQ Pork Mixed veggies Pears Bun	Milk Cheese Burgers Green beans Fruit cocktail Bun	Milk Turkey Baked beans Peaches Bread	Milk (100% meat) Hot Dog Bakes Beans Bananas Bun	Milk Cheese Omelet Potatoes Oranges Bread	Milk Turkey Potatoes Whole Cranberries Bread	Milk Cheese Green beans w/ almonds Fruit cocktail Tortilla

Week 4		Sunday Jan 17	Monday Jan 18	Tuesday Jan 19	Wednesday Jan 20	Thursday Jan 21	Friday Jan 22	Saturday Jan 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pears Cereal	Milk Mixed Fruit Pancakes	Milk Potatoes Scrambled Eggs	Milk Banana Cereal	Milk Potatoes Ham	Milk Banana Cereal	Milk 100 % Juice Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Applesauce Crackers	Apples Peanut butter	Milk Cereal	Cheese Crackers	Yogurt Toast	Toast Applesauce	Milk Hot Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Carrots Grapes Brown rice	Milk Split Pea Soup Celery sticks Bananas Crackers	Milk Tuna/Cheese Melt sandwich Broccoli Banana Bread	Milk Refried beans Lettuce salad Mixed Fruit Tortilla	Milk Grilled ham & cheese Carrots Banana Bread	Milk Chicken (tacos) Lettuce and Tomato Grapes Taco shells	Milk Eggs Potatoes Mixed Fruit Pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Hard Boiled Eggs Toast	Graham Crackers Grapes	Yogurt Toast	Peanut butter Celery	Crackers Apples	Graham crackers Milk	Cheese Taco Shells (broken)
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Refried beans Lettuce salad Broccoli Tortilla	Milk Tuna casserole Peas Pears Pasta	Milk Split Pea soup Carrots Apples Bread	Milk Ham Broccoli Pears Brown rice	Milk Chicken Lettuce salad Banana Pasta	Milk Eggs Potatoes Pears Toast	Milk HM Chicken noodle soup Lettuce salad Apples Crackers

Week 5		Sunday Jan 24	Monday Jan 25	Tuesday Jan 26	Wednesday Jan 27	Thursday Jan 28	Friday Jan 29	Saturday Jan 30
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Applesauce English Muffin	Milk Pineapple Toast	Milk 100% Juice Waffles	Milk Tangerines Cereal	Milk Potatoes Eggs	Milk 100% juice Cereal	Milk Potatoes Sausage (100% meat)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Milk	Tuna Crackers	English muffin Milk	Yogurt Crackers	Celery Peanut butter	English muffins Tuna (Sandwich)	Toast Peanut butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Green beans Tangerines Brown rice	Milk Roast beef Cauliflower Tangerines Bread	Milk Grilled Cheese Tomato Soup Apples w / Peanut butter Bread	Milk (100% meat) Hot dogs Corn Applesauce Bun	Milk Lasagna with Ground beef Lettuce salad Pineapple Noodles	milk CN or HM Cheese pizza Corn Apples w/ Peanut Butter 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	Yogurt Crackers	Waffles Peanut butter	Milk Cereal	Yogurt Crackers	Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast beef Potatoes Corn Bread	Milk Ground beef (tacos) Lettuce /Tomato Apples Taco shell	Milk Roast beef sandwich Cauliflower Pineapple Bun	Milk Ground Beef & Cheese Green Beans Apples Lasagna noodles	Milk Fish (store bought) Green beans Applesauce Crackers	Milk Sausage (100% Meat) Cauliflower French Fries Bun	Milk Eggs Potatoes Pineapple Toast

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Yogurt Milk String Cheese	Cheese Cottage Cheese Milk Yogurt	Cheese Milk String Cheese	Cheese Milk Yogurt	Cheese Milk Yogurt
MEAT	Cheese Pizza (hm or cn) Chicken Eggs Ground Beef Ham Hamburger 100 % meat Hot dogs	Chicken Eggs Ground beef Ham Hamburgers Roast beef Sausage (100% meat) Tuna	Almonds Eggs Ham Hamburgers 100% Meat Hot Dogs Cheese pizza (hm or cn) Pork Roast (for pulled pork) Turkey	Chicken Eggs Ham Refried beans Split pea soup Tuna	Cheese pizza (hm or cn) Eggs Fish (store bought) Ground beef Hamburgers Hot Dogs 100% meat Roast Beef Sausage-fresh pork Tuna Turkey
FRUITS & VEGETABLES	100% Juice Apples Bakes beans Bananas Broccoli Cabbage Carrots Green Beans French Fries Kiwi Oranges Peas Potatoes Tater tots Tomato sauce	100% Juice Apples Applesauce Bananas Carrots Celery Corn Fruit Cocktail Mixed Vegetables Oranges Pears Peas Potatoes Sweet potatoes Tomato soup	100% Juice Baked beans Bananas Cranberries (Whole) French fries Fruit cocktail Green beans Lettuce Mixed veggies Oranges Pears Potatoes BBQ sauce	100% Juice Apples Applesauce Bananas Broccoli Carrots Celery Fruit cocktail Kiwi Lettuce Peas Pears Potatoes Tomatoes	100% juice Apples Applesauce Cauliflower Celery Corn French fries Green beans Lettuce Pineapple Potatoes Tangerines Tomatoes Tomato Soup Tomato sauce
BREAD & CEREALS	Bread Cereal Bun/Rolls Hamburger Buns Muffins Pita Bread Quick Bread Rice/ brown Waffles	Barley Bread Bread Stuffing Buns Cereal and Hot Cereal French Toast Pancakes Pasta Rice-(Brown)	Bread Cereal & Hot Cereal French toast Hamburger buns Hot dog buns Pasta Rice cakes Tortillas	Bread Cereal Pancakes Pasta Rice / Brown Taco shells Tortillas	Bread Cereal English muffin Hamburger buns Hot dog buns Lasagna noodles Rice/ Brown Taco shells Waffles
STAPLES & MISC.	Crackers Peanut Butter Pretzels – Hard/Soft	Crackers Graham crackers Peanut butter	Crackers Peanut butter Pretzels-Hard/Soft	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. *Jan 31* Bkfst: Milk, Toast, 100% Juice, AM Snack: Milk, Hot cereal, Lunch: Egg salad sandwich, Bread, French fries, Apples, Milk, Pm Snack: Cheese, Crackers, Supper: Chicken, Baked potatoes, Broccoli, Rolls, Milk.

X _____

Date: _____

Signature of care provider