

July 2022 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:

****** At least one serving of grains per day must be whole-grain rich. ******

******When serving melon, choices are watermelon, honeydew melon or cantaloupe******

Week 1		Sunday June 26	Monday June 27	Tuesday June 28	Wednesday June 29	Thursday June 30th	Friday July 1	Saturday July 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Blueberries Waffles	Milk Fruit Salad Toast	Milk Banana Cereal	Milk Peaches Yogurt	Milk Strawberries Toast	Milk Banana Muffins	Milk Melon Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit Salad Crackers	Yogurt Blueberries	Tuna Crackers	Peanut butter Toast	Milk Cereal	Tuna Crackers	Strawberries Muffins
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Egg salad Green beans Sweet Potatoes Fries Bread	Milk Pulled Pork Potato Salad Tomatoes Buns	Milk Roast beef Cauliflower Applesauce Bread	Milk Turkey Broccoli Potatoes Bread	Milk Tuna Salad Peas Raspberries Pasta	Milk Cn or Hm (all meat Sausage & Cheese Pizza Cucumbers Melon Pizza Crust	Milk Chicken Salad Peas Mixed Fruit Pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut butter Celery & Carrot Sticks	Strawberries Biscuits	Peanut butter Toast	Graham crackers Strawberries	100 % Juicesicles Crackers	Yogurt Mixed Fruit	Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork Lion Potato Salad Strawberries Bread	Milk Tuna Salad Peas Melon Pasta	Milk Scrambled eggs Potatoes Blueberries Biscuits	Milk Tuna Green beans Blueberries Pita bread	Milk Sausage (all meat) Potatoes Melon Bread	Milk Roast beef Potatoes Green Beans Bread	Milk Chef Salad Eggs/Tuna Lettuce Mixed Veggies Crackers

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 Blackberries Cereal	Milk Strawberries Toast	Milk Blueberries Quick Bread	Milk Melon English muffin	Milk Potatoes Ham	Milk Blueberries Waffles (blueberries can't be in waffles)	Milk Mixed fruit Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Strawberries Graham Crackers	Yogurt Quick Bread	Peanut Butter Crackers	Milk French toast sticks	Tortilla wrap Refried beans & Cheese	Pretzels / Hard or soft Applesauce	Cheese Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Melon Bun	Milk Hot Dogs (all meat) Corn Blueberries Bun	Milk Chicken Corn on the cob Strawberries Bread	Milk Hamburger Peas Mixed Fruit Bun	Milk Fish (store bought) Lettuce salad Melon Bun	Milk Chicken Coleslaw Tomatoes Brown rice	Milk Tuna salad Corn on the cob Melon Macaroni
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Applesauce Pretzels / hard or soft	Sliced Cucumbers Crackers	Peanut butter Celery Raisins (Ants on a log)	Deviled eggs Crackers	Yogurt Graham Crackers	Sliced Cucumbers Crackers	English muffins Peanut Butter
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Baked Beans Carrots Bread	Milk Tuna Salad Peas Blackberries Macaroni	Milk Grilled Ham & Cheese Coleslaw Tomatoes Bread	Milk Refried bean/cheese Tomato slices Avocado Tortilla	Milk Ham Carrots Blueberries Brown rice	Milk Chef Salad Eggs / Ham / Cheese Lettuce Peppers Toast	Milk Fish (store bought) Baked Beans Melon 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 Melon Toast	Milk Raspberries Waffles	Milk Fruit Salad Toast	Milk Potatoes Scrambled Eggs	Milk 100% Juice Pancakes	Milk Melon Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Sliced cucumbers Crackers	HM Trail Mix Cheerios Nuts/ Seeds Raisins	Milk Cereal	Crackers Raspberries	Cheese melted on Broken Taco Shells with Salsa	HM Trail Mix Cheerios Nuts/ Seeds Raisins	Sliced Cucumbers Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Baked beans Lettuce & Tomato Buns	Milk Eggs Potatoes Asparagus Toast	Milk Pulled Pork Sandwich Summer Squash Strawberries Bun	Milk Chicken tacos Lettuce & Tomato Avocado Taco shell	Milk Hot dogs (all meat) Green Beans Strawberries Bun	Milk Chicken Stir Fry Mixed Vegetables Melon Brown Rice	Milk Egg Salad sandwich French Fries Raspberries Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed Fruit & Cubed Cheese (kabobs)	Strawberries Pretzels / hard or soft	Cheese Tortilla wrap dipped in Salsa	Milk Cereal	Avocado on Crackers	Mixed fruit Pretzels / hard or soft	Tuna on Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork Lion Potatoes Asparagus Bread	Milk Chicken Green Beans Mixed Fruit Bun	Milk Sausage (all meat) Broccoli Fruit Salad Bun	Milk Hamburger Baked beans Tomato slices Bun	Milk Chicken Summer Squash Tomatoes Pasta	Milk Pork Lion Potatoes Tomato slices Bread	Milk Sausage (all meat) Broccoli Melon Bun

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 Potatoes Scrambled Eggs	Milk Strawberries Toast	Milk Mixed fruit Pancakes	Milk Melon English Muffin	Milk Banana Cereal	Milk Raspberries Toast	Milk Strawberries Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Crackers	Milk Muffins	Peanut Butter Crackers	Juicesicles (100 % Juice) Crackers	Quick Bread Yogurt	Banana Crackers	Milk Toast
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Spaghetti /with ground beef Lettuce salad Tomato sauce Pasta	Milk Roast Beef Sandwich Cauliflower Blueberries Bun	Milk Scrambled Eggs Potatoes Raspberries Tortilla	Milk Sloppy Joes w/ ground beef Spinach salad Strawberries Buns	Milk Hot dogs (all meat) Cauliflower Melon Bun	Milk Spaghetti /with ground beef Peas Strawberries Pasta	Milk Chicken Spinach salad Tomatoes Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Muffins	Juicesicles (100 % Juice) Crackers	Cheese Crackers	Quick Bread Mixed Fruit	Peanut Butter Crackers	Mixed fruit & cubed cheese (kabobs)	Tuna Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast beef Potatoes Roasted mixed vegetables Bread	Milk Tuna w/ cheese Lettuce Salad Melon English muffin	Milk Sloppy Joes w/ ground beef Green Beans Blueberries Bun	Milk Chicken Peas Melon Pasta	Milk Eggs w /cheese Green Beans Blueberries Tortilla	Milk Chicken Green beans Potatoes Bread	Milk Hot Dogs (all meat) Potatoes Peas Bun

Week 5		Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Toast	Milk Banana Cereal	Milk Melon Ham	Milk Blueberries French toast Sticks	Milk Strawberries English Muffins	Milk Melon Cereal	Milk Raspberries Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% Juice Muffins	Milk English Muffins	Pretzels- Soft Hard Juicesicles (100% Juice)	Mixed Vegetable tray served with Yogurt dips / Peanut Butter	Sliced Cucumbers Crackers	100 % Juice French Toast Sticks	Pretzels- Soft / Hard Juicesicles (100% Juice)
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Broccoli Potatoes Bread	Milk Ham/Cheese Sandwich Carrots Strawberries Bread	Milk Taco's / Ground beef Tomato & Lettuce Mixed fruit Taco shell	Milk Fish (store bought) Cucumbers Potato Salad Bun	Milk Eggs Potatoes Melon Bread	Milk CN or HM Cheese pizza Baked Beans Apple's w/ Peanut Butter Pizza Crust	Milk Hot dog (all meat) Tomatoes French Fries Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Sliced Cucumbers Crackers	Muffins 100% Juice	Peanut Butter Apples	100 % Juice English Muffin	Crackers Cheese	Mixed Vegetable tray served with Yogurt dips / Peanut Butter	Cheese Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Lettuce & Tomato Melon Bun	Milk Egg Salad French Fries Apples Buns	Milk Cold Cut Sub Sandwich Potato salad Blueberries Bun	Milk Hot Dog (all meat) Tomato slices Melon Bun	Milk Fish (store bought) Broccoli French Fries Bun	Milk Chef's salad w/ Ham & Cheese Lettuce Melon Crackers	Milk Cheese Pizza Baked beans Apple's w/Peanut butter Pizza Crust

July Shopping List

Week 1 food list is underlined and in bold letter

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	<u>Cheese</u> <u>Milk</u> String cheese <u>Yogurt</u>	Cheese Milk Yogurt	Cheese Milk	Cheese Milk Yogurt	Milk Cheese Yogurt
MEAT	<u>Cheese Pizza (HM or CN)</u> <u>Chicken</u> <u>Eggs</u> Ground Beef Roast Beef <u>Sausage (all meat)</u> <u>Tuna</u>	Chicken Eggs Fish (store bought) Ham Hotdogs (all meat) Refried beans Tuna	Chicken Eggs Ground beef Hotdogs (all meat) Pork Lion Pulled Pork Sausage (all meat) Tuna	Eggs Chicken Ground Beef Hotdogs (all meat) Roast beef Tuna Sausage (all meat)	Cheese Pizza (HM or CN) Cold cuts (all meat) Egg Fish (store bought) Ground beef Ham Hot dogs (all meat)
FRUITS & VEGATABLES	Apples <u>Bananas</u> Blueberries Broccoli Cauliflower Celery <u>Cucumbers</u> French Fries <u>Green Beans</u> <u>Melons</u> <u>Mixed Fruit</u> <u>Peas</u> <u>Potatoes</u> Potato Salad Strawberries Tomato Sauce	Applesauce Avocado Baked Beans Blackberries Blueberries Cabbage Carrots Celery Corn Cucumbers Lettuce Melon Mixed fruit Peas Peppers Raisins Raspberries Strawberries Potato salad Tomatoes	100% juice Asparagus Avocado Baked beans Broccoli Carrots Cucumbers French fries Green beans Lettuce Melon Peas Potatoes Raisins Raspberries Squash Strawberries Tomatoes Salsa	Apples Broccoli Bananas Blueberries Cauliflower Green beans Lettuce Melon Mixed Fruit Mixed vegetables Peas Plum Potatoes Raisins Raspberries Spinach (fresh) Strawberries Tomatoes Tomato sauce	100% juice Apples Bananas Baked beans Broccoli Blueberries Carrots Celery Cucumbers French fries Lettuce Melon, Raspberries Potato salad Potatoes Strawberries Tomatoes
GRAINS	<u>Bread</u> Buns <u>Cereal</u> Hamburger buns <u>Muffins</u> <u>Pasta</u>	Cereal Bread Buns-Hamburger & Hotdog English muffins French toast sticks Macaroni Quick Bread Rice/ brown Tortillas Waffles	Bread Buns Buns hamburger/ hotdog Cereal-Cheerios Pancakes Rice-brown taco shells tortillas waffles	Bread Buns-Hot dogs & hamburger Cereal English muffins Muffins Pancakes Pasta Quick bread Tortillas	Buns - hamburger & hotdog Bread Cereal English Muffins French toast sticks Muffins Pizza crust Taco shells
Staples & Misc.	<u>Crackers</u> Peanut butter Graham crackers	Crackers Graham-crackers Peanut butter Pretzels-Hard/Soft	Crackers Pretzels-Hard/Soft Nuts/seeds	Crackers Peanut Butter Juicesicles (100% juice)	Crackers Peanut butter Pretzels-Hard/Soft Juicesicles (100% juice)

July 31-Breakfast: Milk, Banana, Toast; Am snack: Yogurt, Crackers; Lunch: Milk, Chicken, Bun, Carrots, Potatoes; Pm snack: Tuna, Crackers; Supper: Milk, Sausage (100% meat), Bun, Peas, Melon

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