

# June 2022 E-Z MENU PLANNER

Provider's Name: \_\_\_\_\_

Providers Number: \_\_\_\_\_

\*List all **100% fruit/veg** 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\*\*

June Week 1		Sunday 29th	Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Potatoes Eggs	Milk Strawberries Pancakes	Milk Blueberries Waffles	Milk Bananas Cereal	Milk Cantaloupe Toast	Milk Blueberries Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed Vegetables Pizza Crust (Cold veggie pizza)	100 % Juice Crackers	Yogurt Toast	Milk Quick bread	Tortilla Cheese Wrap	Juicesicles (100 % juice) Crackers	Apples Cheese
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Strawberries Bread	Milk Sausage (100% meat) Green beans Mixed Fruit Bun	Milk HM or CN Cheese pizza Corn Apple's w/ Peanut Butter Pizza Crust	Milk HM or CN Burritos w/ Chicken & Cheese Tomatoes Mixed Fruit Tortilla	Milk Fried egg Sandwich Potatoes Broccoli Bread	Milk HM or CN Cheese Pizza Green Beans Apple's w/peanut butter Pizza Crust	Milk Hamburgers Peas French Fries Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut Butter	Mixed Vegetables Pizza Crust (Cold veggie pizza)	Crackers Juicesicles (100% Juice)	Banana Crackers	Milk Quick Bread	Milk Cereal	Cantaloupe Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sausage (100% meat) French fries Raspberries Bun	Milk Chicken Salad Peas Strawberries Pasta	Milk Chicken Green Beans Potatoes Bread	Milk Spaghetti (ground beef) Broccoli Spaghetti Sauce Noodles	Milk Chef's salad w/ham & cheese Lettuce Strawberries Bread sticks	Milk Spaghetti w/ground beef Raspberries Tossed Salad Noodles	Milk Ham & cheese On Baked Potato Broccoli Bread sticks

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. **When you see melon in the meal, it can be honeydew, cantaloupe or watermelon**

June Week 2		Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Raspberries Bagel	Milk Potatoes Eggs Wrapped in tortilla	Milk Banana French toast Sticks	Milk Blueberries Cereal	Milk Melon Toast	Milk Potatoes Sausage (all meat)	Milk Strawberries English muffin
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Hm / Cn Hummus Pita Bread	Guacamole Tortilla Chips Milk	Peanut butter Celery Raisins	Melon Cheese	Cottage cheese Blueberries	Peanut Butter English muffin	Milk Cereal
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage Cheese Lettuce Salad Tomatoes Crackers	Milk Hot dog (all meat) Corn Strawberries Bun	Milk Grilled Ham & cheese sandwich Potato salad Raspberries Bread	Milk Chicken Tacos Lettuce & tomatoes Avocado Tortilla	Milk CN / HM Sausage & Cheese Pizza Peas Banana Crust	Milk Chicken Stir fry Carrots Watermelon Brown rice	Milk Cheeseburgers Tomatoes Sliced Cucumbers Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut Butter Celery Raisins	Hm / Cn Hummus Pita Bread	Strawberries Bagel	Sliced Cucumbers Crackers	Guacamole Tortilla Chips Milk	Cucumbers Cottage cheese	Melon Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Carrots Blueberries Bread	Milk Hamburgers Tomatoes Potato Salad Bun	Milk Chicken Corn Apples Brown rice	Milk Tuna & cheese salad Carrots & celery sticks Raspberries Pasta	Milk Hot dogs (all meat) Tossed Salad Apples Bun	Milk Scrambled Eggs Potatoes Strawberries Toast	Milk Ham Sandwich Lettuce salad Watermelon Bun
June Week 3		Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Toast	Milk Blackberries Cereal	Milk Melon Ham	Milk Banana Quick Bread	Milk Potatoes (100% all meat) Sausage	Milk Melon Cereal	Milk Mixed Fruit Quick Bread
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Melon	Cube Cheese & mixed fruit (Kabobs)	Cereal milk	Avocado Yogurt Dip Carrot & celery sticks	Hm /Trail mix Assorted Nuts Cheerios Raisins	Soft or Hard Pretzels Applesauce	Hard-boiled egg Toast
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Scrambled eggs Broccoli Applesauce Toast	Milk Ham sandwich Green Beans Strawberries Bread	Milk Egg salad Cucumbers Apples Tortilla	Milk CN or HM Corn dog Peas Cantaloupe Breeding	Milk Fish (store bought) Green Beans Watermelon Bread	Milk Hamburgers French fries Blueberries Bun	Milk Grilled Ham & Cheese Sandwich Broccoli Blueberries Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed Fresh Vegetables Crackers	Applesauce Soft or Hard Pretzels	Hm /Trail mix Assorted Nuts Cheerios Raisins	Refried beans & cheese Tortilla Wrap	Yogurt Toast	Cheese Crackers	Bell Peppers red/green/ yellow Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Spaghetti W / Ground Beef Tomato sauce Blackberries Pasta	Milk Refried beans & cheese Bell peppers (red/ green) Tomatoes Tortilla	Milk CN or HM Sausage & Cheese pizza Lettuce Salad Strawberries Pizza Crust	Milk Fish (store bought) Broccoli Potatoes Bun	Milk Grilled ham & cheese French fries Peas Bread	Milk Chef's salad w/Ham and cheese Lettuce Watermelon Crackers	Milk Spaghetti w/Ground Beef Tomato Sauce Green Beans Pasta

<b>June Week 4</b>		<b>Sunday 19</b>	<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>	<b>Saturday 25</b>
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Raspberries Pancakes	Milk Strawberries Cereal	Milk Fruit Salad English muffins	Milk Potatoes Ham	Milk Raspberries Toast	Milk Bananas Hard Boiled egg	Milk Melon Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cottage Cheese Crackers	Apples String Cheese	Hm/CN Hummus Fresh mixed veggie tray	Crackers Strawberries	Cottage Cheese Sliced Cucumbers	Peanut Butter Apples	Milk Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sloppy Joes (ground beef) Baked beans Melon Buns	Milk Hot dogs (all meat) Green Beans Fruit Salad Bun	Milk Ham Potatoes Green Beans Bread	Milk Chicken Kabobs Broccoli Cherry Tomatoes Brown Rice	Milk Sausage (all meat) Carrots Mixed Fruit Pancakes	Milk Sloppy Joes (ground beef) Cherry Tomatoes Melon Bun	Milk Grilled Ham & Cheese sandwich Baked Beans Melon Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Toast	Hm/CN Hummus Fresh mixed veggie tray	Milk Cereal	Peanut Butter English muffins	String Cheese Crackers	Milk Cinnamon toast	Cucumbers Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna & cheese salad Peas Strawberries Pasta	Milk Eggs Broccoli Blueberries English muffins	Milk Chicken Baked Beans Strawberries Bread	Milk Sloppy Joes (ground beef) Lettuce Salad Raspberries Bun	Milk Chicken Salad Peas Melon Pastas	Milk Hot dogs (all meat) Carrots Strawberries Buns	Milk Eggs Potatoes Strawberries Pancakes
<b>June Week 5</b>		<b>Sunday 26</b>	<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30th</b>	<b>Friday 1st</b>	<b>Saturday 2nd</b>
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Blueberries Waffles	Milk Fruit Salad Toast	Milk Melon Cereal	Milk Strawberries Toast	Milk Potatoes Scrambled eggs	Milk Banana Muffins	Milk Cantaloupe Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit Salad Crackers	Yogurt Blueberries	Deviled Eggs Crackers	Juicesicles (100% Juice) Crackers	(Fruit Pizza) Mixed fruit Pizza crust	Tuna on Crackers	Strawberries Muffins
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Egg salad Green beans Sweet Potato Fries Bread	Milk Pulled Pork Potato Salad Tomatoes Buns	Milk Roast beef Sandwich Carrots Mixed Fruit Bread	Milk Scrambled Eggs Potatoes Blueberries Biscuits	Milk Tuna Salad Peas Banana Pasta	Milk Cn or Hm (all meat) Sausage & Cheese Pizza Cucumbers Melon Pizza Crust	Milk Chicken salad Peas Mixed Fruit Pasta
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut Butter Celery & Carrots Sticks	Strawberries Biscuits	Milk Toast	(Fruit Pizza) Mixed fruit Pizza crust	Juicesicles (100% juice) Crackers	Yogurt Mixed Fruit	Cheese Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork Lion Potato Salad Strawberries Bread	Milk Tuna Salad Peas Melon Pasta	Milk Pulled Pork Sweet potato Fries Cucumbers Bun	Milk Hm or Cn (all Meat) Sausage & Cheese Pizza Green beans Blueberries Pizza Crust	Milk Roast Beef sandwich Mixed Vegetables Melon Bread	Milk Chicken Potatoes Blueberries Bread	Milk (Chef Salad) Egg & Tuna Lettuce Mixed veggies Crackers

## Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	Cheese Cottage Cheese Milk Yogurt	Cheese Cottage Cheese Milk	Cheese Milk Yogurt	Cheese Cottage Cheese Milk String Cheese	Cheese Milk Yogurt
<b>MEAT</b>	Chicken Eggs Hm/Cn Hummus Ground beef (100% meat) hot dogs Cheese pizza (HM or CN Label) Sausage (100% meat) Sausage (all meat add to pizza)	Chicken Eggs Ground beef Ham Cn/Hm Hummus Cheese pizza (CN or HM) Hot dogs (all meat) Tuna Sausage (all meat) Sausage (all meat add to pizza)	Cheese pizza (CN or HM) Corn dogs (CN or HM) Eggs Fish (store bought) Ham Hamburger Ground beef Refried beans Sausage (all meat / add to Pizza )	Chicken Eggs Ground beef Ham Hot dogs (all meat) Cn/Hm Hummus Sausage (all meat) Tuna	Chicken Eggs Ground beef Pork Lion Pulled Pork Roast beef Sausage (all meat) Sausage & Cheese Pizza Cn / HM Tuna
<b>FRUITS &amp; VEGETABLES</b>	100% juice Apples Applesauce Baked beans Bananas Blueberries Corn French Fries Green beans Lettuce Mixed veggies Mixed Fruit Potatoes Spaghetti Sauce Strawberries	Apples Avocado Bananas Blueberries Carrots Celery Corn Cucumbers Lettuce Peas Potatoes Potato Salad Raisins Raspberries Tomatoes Strawberries Any Kind of Melon	Apples Applesauce Avocado Bananas Broccoli Carrots / Celery Cucumbers Blackberries Blueberries French Fries Green beans Lettuce Peas Peppers (red/green) Potatoes Strawberries Tomatoes Tomato sauce Any Kind of Melon	Apples Baked beans Bananas Blueberries Broccoli Carrots Cucumbers Green Beans Lettuce Mixed veggies Mixed Fruit For Fruit Salad Peas Potatoes Raspberries Strawberries Tomatoes / Cherry Any kind of Melon	100 % Juicesicles Bananas Blueberries Carrots Celery Cucumbers French fries –Sweet Potatoes Green beans Lettuce Mixed Veggies Peas Potatoes / Potato Salad Strawberries Tomatoes Any Kind of Melon
<b>BREAD &amp; CEREALS</b>	Bread Cereal English Muffins Hamburger buns Hot dog buns Pancakes Pizza crust Pita Bread Rice-Brown Spaghetti Noodles Tortillas	Bagel Bread Buns (hot dogs & hamburger) Cereal English muffins French toast sticks Pasta Pita Bread Rice –Brown Rolls/ Bun Tortillas Tortilla Chips	Bread Buns (hamburger) Cereal Cheerios Pasta Pizza crust Tortillas	Bread Buns (hot dogs & hamburger) Cereal English muffins Pancakes Pasta Rolls / Bun Rice-Brown	Biscuits Bread Buns (hamburger ) Cereal Muffins Pasta Pizza Crust Waffles
<b>STAPLES &amp; MISC.</b>	Crackers Peanut butter	Crackers Peanut butter	Assorted Nuts Crackers Peanut butter Pretzels Soft/Hard	Crackers Peanut butter	Crackers Peanut Butter

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