

## June 2023 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-grains rich served this month:

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### \*\*One serving of whole-grain rich per day\*\*

Week 1		Sunday May 28	Monday May 29	Tuesday May 30	Wednesday May 31	Thursday June 1	Friday June 2	Saturday June 3
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Potatoes Eggs	Milk Strawberries Cereal	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	Milk English Muffin Pizzas	100 % Juice Crackers	Apple slices Yogurt	Milk Quick bread	Carrot sticks Hard boiled eggs	Banana Peanut butter	Apples Cheese
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Strawberries Bread	Milk Split pea soup Carrot sticks Mixed fruit Bread sticks	Milk Ham sandwich Lettuce salad Cantaloupe Bun	Milk HM or CN Cheese pizza Corn Apple's w/ Peanut Butter Pizza Crust	Milk Chicken sandwich Potatoes Broccoli Bread	Milk Fish (store bought) Green beans Strawberries Rice	Milk Hamburgers Peas Potatoes Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Peanut Butter	Milk English muffin pizzas	Crackers Tuna	Banana Yogurt	Milk Quick Bread	Milk Cereal	Cantaloupe Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Meat/Alternate *Bread/Alternate *Meat/Alternate	Milk Fish (store bought) Green beans Strawberries Rice	Milk Grilled tuna & cheese sandwich Peas Strawberries Bread	Milk Chicken Green Beans Potatoes Bread	Milk Hamburgers Lettuce salad Green beans Bun	Milk Split pea soup Lettuce salad Strawberries Bread sticks	Milk Spaghetti w/ground beef Tomato sauce Tossed Salad Pasta	Milk Egg & cheese omelet Corn Mixed fruit 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 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Bagel	Milk Potatoes Eggs Tortilla (Breakfast wrap)	Milk Banana French toast	Milk Blueberries Yogurt	Milk Watermelon Toast	Milk Potatoes Ham	Milk Strawberries Cereal
<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	Tortilla chips 100% Juice (try with guacamole)	Peanut butter Celery Raisins	Watermelon Cheese	Cottage cheese Blueberries	Peanut Butter Apples	Milk Toast
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage Cheese Tomatoes Mixed fruit Crackers	Milk Tuna & cheese sandwich Tossed Salad Strawberries Pita Bread	Milk Grilled Ham & cheese sandwich Carrot sticks Corn Bread	Milk Chicken Tacos Lettuce & tomatoes Avocado Tortilla	Milk Ground beef Tomato sauce Peas Spaghetti	Milk Chicken Stir fry Carrots Watermelon Brown rice	Milk Cheeseburgers (Ground beef) Tomato slices 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 Carrot sticks	Cottage cheese Strawberries	Sliced Cucumbers Crackers	100% Juice Bagel	Yogurt Banana slices	100% Juice Crackers
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Carrots Blueberries Bread	Milk Hamburgers (ground beef) Tomatoes Tossed salad Bun	Milk Chicken Corn Apples Brown rice	Milk Tuna & cheese salad Celery sticks Mixed fruit Pasta	Milk Grilled cheese sandwich Tossed salad Apples w/pb bread	Milk Scrambled Eggs Potatoes Cucumber slices Toast	Milk Ham Sandwich Lettuce salad Watermelon Bun

Week 3		Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Toast	Milk Applesauce Cereal	Milk Cantaloupe Toast	Milk Banana Quick Bread	Milk Apple Slices Yogurt	Milk Cantaloupe Cereal	Milk Banana Peanut Butter
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Cantaloupe	Cheese Cubes & Mixed fruit (Kabobs)	Tortilla Refried beans & cheese (tortilla wrap)	Apple slices Peanut butter	Milk Quick bread	Pretzels Applesauce	Hard-boiled egg Toast
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Scrambled eggs Broccoli Applesauce Toast	Milk Turkey sandwich Green beans Blackberries Bread	Milk Egg salad sandwich Cucumbers Apples Bread	Milk Hot dog (100 % meat) Broccoli Carrot sticks Bun	Milk Fish (store bought) Green Beans Corn Rice	Milk Hamburgers Cucumbers Blueberries Bun	Milk Yogurt Carrot sticks Mixed fruit Crackers
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed veggies Crackers	Bananas Pretzels	Almonds 100% juice	Refried beans & cheese Tortilla (tortilla wrap)	100% Juice Toast	Cheese Crackers	Bell Peppers red/green/ yellow Crackers
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	Milk Ground Beef Tomato sauce Blackberries Pasta	Milk Refried beans & cheese Bell peppers Corn Tortilla	Milk Hot dogs (100% meat) Lettuce Salad Strawberries Bun	Milk Fish (store bought) Broccoli Strawberries Rice	Milk Grilled cheese sandwich Green beans w/ almonds Strawberries Bread	Milk Chef's salad w/eggs & cheese Lettuce Apple slices Crackers	Milk Ground Beef Tomato Sauce Green Beans Pasta

Week 4		Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Strawberries Pancakes	Milk Grapes Cereal	Milk Mixed fruit English muffins	Milk Potatoes Ham	Milk 100% juice Cereal	Milk Bananas Hard-boiled egg	Milk Watermelon 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 Cheese	Hm/CN Hummus Mixed veggies	Crackers Strawberries	Cottage Cheese Sliced Cucumbers	Peanut Butter Apples	Milk Crackers
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	Milk Sloppy Joes (ground beef) Baked beans Watermelon Buns	Milk Tuna & cheese sandwich Green beans Mixed fruit Bread	Milk Ham Green beans Grapes Bread	Milk Chicken Broccoli Cherry tomatoes Brown rice	Milk Scrambled eggs Carrots Mixed fruit Pancakes	Milk Sloppy Joes (ground beef) Peas Watermelon Bun	Milk Grilled ham & cheese sandwich Carrots Cherry tomatoes 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 Mixed veggies	Milk Cereal	Peanut Butter English muffins	Cheese Crackers	Milk Cinnamon toast	Cucumbers Apples
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/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 Strawberries Bun	Milk Chicken Salad Peas Watermelon Pastas	Milk Cottage Cheese Carrots Strawberries English Muffin	Milk Eggs Potatoes Strawberries Pancakes
Week 5		Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday July 1
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Waffles	Milk Mixed Fruit Toast	Milk Honeydew melon Cereal	Milk Strawberries Toast	Milk Potatoes Scrambled eggs	Milk Banana Muffins	Milk Honeydew melon Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed fruit Crackers	Yogurt Bananas	Deviled Eggs Crackers	100% juice Crackers	(Fruit Pizza) Mixed fruit Pizza crust	Tuna on Crackers	Strawberries Muffins
<b>Lunch</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	Milk Egg Salad Green beans Blueberries Bread	Milk Chicken Potato Salad Tomatoes Buns	Milk Roast beef Sandwich Carrots Mixed Fruit Bread	Milk Scrambled Eggs Potatoes Blueberries Biscuits	Milk HM Mac & cheese Lettuce salad Apple slices w/pb Pasta	Milk CN or HM Cheese Pizza Cucumbers Mixed fruit Pizza crust	Milk Chicken salad Peas Carrots 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	Refried beans Tortilla	100% Juice Crackers	Yogurt Mixed Fruit	Cheese Crackers
<b>Supper</b>	*Fluid Milk *Meat/Alternate *Fruit/Vegetable/Juice *Bread/Alternate	Milk Chicken Potato Salad Strawberries Bread	Milk Ground beef Tomato sauce Honeydew melon Pasta	Milk Refried bean & cheese Carrots Blueberries Tortilla	Milk HM or CN (Cheese Pizza Green beans Blueberries Pizza Crust	Milk Roast Beef sandwich Mixed Vegetables Honeydew melon Bread	Milk Chicken Potatoes Blueberries Bread	Milk (Chef Salad) Egg & Tuna Lettuce Carrot sticks Crackers

To prevent choking, cut grapes in quarters when serving to young children.

## June Shopping List

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>DAIRY</b>	Cheese Cottage Cheese Milk Yogurt	Cheese Cottage Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Cottage Cheese Milk	Cheese Milk Yogurt
<b>MEAT</b>	Chicken Eggs Hummus CN/HM Ground Beef Hot dogs (100% meat) Cheese Pizza HM/CN Sausage, Fresh Pork (100% meat)	Chicken Eggs Ground beef Ham CN/HM Hummus Tuna	Eggs Fish (store bought) Ground beef Hot dogs (100% meat) Refried beans Turkey	Chicken Eggs Ground beef Ham CN/HM Hummus Tuna	Cheese Pizza CN/HM Chicken Eggs Ground beef Refried Beans Roast beef Tuna
<b>FRUITS &amp; VEGETABLES</b>	100% Juice Apples Bananas Blueberries Cucumbers Carrots Corn Green Beans Lettuce Mixed Veggies Mixed Fruit Potatoes Strawberries Tomato Sauce	Apples Avocado Bananas Blueberries Carrots Celery Corn Cucumbers Lettuce Mixed Fruit Mixed Veggies Peas Potatoes Raisins Raspberries Tomatoes Strawberries Watermelon	Apples Applesauce Bananas Bell Peppers Blackberries Blueberries Broccoli Cantaloupe Carrot sticks Corn Cucumbers Green beans Lettuce Mixed fruit Strawberries Tomatoes Tomato sauce	Apples Baked beans Bananas Blueberries Broccoli Carrots Cucumbers Green Beans Lettuce Mixed veggies Mixed Fruit Peas Potatoes Raspberries Strawberries Tomatoes / Cherry	100 % Juice Bananas Blueberries Carrots Celery Honeydew melon Lettuce Potatoes Green beans Lettuce Mixed fruit Mixed Veggies Peas Potatoes Strawberries Tomatoes Tomato sauce
<b>BREAD &amp; CEREALS</b>	Bread Cereal English Muffins Hamburger Buns Hot Dog Buns Pancakes Pizza Crust 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 & hot dog) Cereal Pasta Quick Bread Rice Tortillas	Bread Buns (hot dogs & hamburger) Cereal English muffins Pancakes Pasta Rolls / Bun Rice-Brown	Biscuits Bread Buns Cereal Muffins Pasta Pizza Crust Tortillas Waffles
<b>STAPLES &amp; MISC.</b>	Crackers Peanut Butter	Crackers Peanut butter	Almonds Crackers Peanut butter Pretzels (hard or soft)	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 \_\_\_\_\_  
Signature of care provider

Date: \_\_\_\_\_