

## March 2019 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:

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

Week 1		Sunday Feb 24	Monday Feb 25	Tuesday Feb 26	Wednesday Feb 27	Thursday Feb 28	Friday March 1	Saturday March 2
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas English Muffins	Milk Potatoes Sausage (all meat)	Milk Bananas French toast sticks	Milk Pears Toast	Milk Tangerine Bagel	Milk Apples Cereal	Milk Banana Yogurt
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100% Juice	Hard boiled egg Crackers	Hot Cereal Milk	Rice cake Peanut butter	French toast sticks 100 % juice	Muffins Milk	Toast Tangerines
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Green Beans Apples Bun	Milk Roast beef Veg. soup Tangerines Bun	Milk Tuna hotdish Peas Apple Noodles	Milk Turkey Green beans Tangerine Brown Rice	Milk Scrambled Eggs Green Beans Apples Toast	Milk Tuna Melt Peas Fruit cocktail Bread	Milk Grilled Cheese Cauliflower Apples/ w p.b. Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt Pineapple	Milk Cornbread	Pears Yogurt	Milk Bagel	Cheese Crackers	Crackers Tangerines	Tuna Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Tator Tots Peaches Buns	Milk Grilled cheese Peas Banana w / yogurt Bread	Milk Roast beef Green beans Tangerine Brown Rice	Milk Scrambled eggs Potatoes Fruit Cocktail Toast	Milk HM or CN Cheese pizza Cauliflower Fruit cocktail Crust	Milk Bbq beef Potatoes Apples Bun	Milk Turkey Green beans Pears Noodles

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.

March Week 2		Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Apples Pancakes	Milk 100 % juice Cereal	Milk Banana Toast	Milk Apples Pancakes	Milk Banana Eggs	Milk Oranges Toast	Milk Yogurt Mixed Fruit
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Peanut butter Toast	Roast beef Bun	Hard boiled egg Crackers	Cheese Bun	Yogurt Crackers	Milk Toast
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Corn Plums Bread	Milk Tuna casserole Peas Bananas Pasta	Milk Meatloaf Corn Mixed fruit Bread	Milk HM beef soup Celery Oranges Brown rice	Milk Ham Carrots Mixed Fruit Bread	Milk Grilled cheese sandwich Tomato soup Apples w/pb Bread	Milk Tuna Corn Apples Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Banana Peanut butter	Cheese Crackers	Yogurt Bananas	Cereal Milk	Peanut Butter Apples	Crackers Milk	Cheese Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Carrots Oranges Pasta	Milk Roast beef Sweet potatoes Apples Bread	Milk Ham Carrots Plums Bread	Milk Chicken Peas Mixed fruit Buns	Milk Eggs Potatoes Plums Pancakes	Milk Hamburgers Carrot Sticks French Fries Bun	Milk HM chicken soup Peas Banana Crackers

March Week 3		Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Pancakes	Milk Tangerines Ham	Milk Fruit cocktail Toast	Milk Apples Sausage (all meat)	Milk Bananas Toast	Milk 100 % juice Cereal	Milk Tangerines Pancakes
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit cocktail Crackers	Cheese Apples	Cheese Crackers	Egg salad Bread	Cottage cheese Strawberries	Peanut butter Toast	Fruit cocktail Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Pineapple Bread	Milk Tuna hotdish Lettuce salad Pineapple Pasta	Milk Ham split pea soup Banana Crackers	Milk Grilled cheese Tomato soup Pineapple w/cottage cheese Bread	Milk Ground beef Sloppy joes Carrots Tangerines Bun	Milk Sausage (all meat) lettuce salad potatoes bun	Milk Hamburgers Green beans French Fries Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut butter Toast	Cinnamon Toast Milk	Cereal Milk	Peanut butter Crackers	Cereal Milk	Tomato soup Crackers	Cheese Bun
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Carrots Strawberries Bread	Milk Split pea soup Carrot sticks Bananas Bread	Milk Meatloaf Green beans Pineapple Bun	Milk Sausage (all meat) Lettuce salad Strawberries Bread	Milk Cheese omelet Potatoes Pineapple Toast	Milk Meatballs Green beans Tangerines Pasta	Milk Grilled tuna & cheese Tomato soup Carrots Bread

March Week 4		Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Banana Waffles	Milk Potatoes Eggs	Milk Banana Cereal	Milk Banana Ham	Milk Oranges Toast	Milk Strawberries Waffles
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Crackers	Cheese Crackers	Oranges Toast	Yogurt Quick bread	Carrots & celery sticks Yogurt Dip	Yogurt Strawberries	Toast 100% juice
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Sausage (all meat) Green beans Oranges Bun	Milk Turkey Corn Strawberries Bread dressing	Milk Ground beef Sloppy joes Carrots Grapes bun	Milk Egg salad Green beans Grapes Bread	Milk Refried beans Corn Apples Tortilla	Milk Cheese pizza HM/CN label Carrots Apples Pizza crust	Milk Ham Green beans Grapes Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Waffles Peanut butter	Cinnamon toast Milk	Apples Cheese	Toast Peanut butter	Cereal Milk	Peanut Butter Celery	Quick Bread Banana
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Turkey Mixed vegetables Strawberries Bread dressing	Milk Cheese Pizza (HM or CN ) Carrots Apples Pizza Crust	Milk Sausage (all meat) Potatoes Bananas Waffles	Milk Ham Mixed vegetables Oranges Bun	Milk Ground beef Sloppy joes French Fries Grapes Bun	Milk Ham Green beans Bananas Bread	Milk Refried beans Corn Apples Tortilla
March Week 5		Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% juice Cereal	Milk Tangerines English muffin	Milk Banana Cereal	Milk Potatoes Eggs	Milk Peaches Sausage (all meat)	Milk Tangerines French toast	Milk 100% juice Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Yogurt dip Broccoli	Cheese Apples	Toast Tangerines	Yogurt Banana	Apples Crackers	Cereal Milk	Cheese Bagel
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Eggs Potatoes Pineapples English Muffins	Milk Fish (store bought) Corn Banana Brown Rice	Milk Ham Broccoli Peaches bread	Milk Chicken Baked beans Apples Bread	Milk Meatballs Spaghetti sauce Broccoli Pasta	Milk Cheese pizza HM/ CN Label Corn Apples Pizza crust	Milk Hamburgers Baked beans Lettuce Salad Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Banana Crackers	Peanut Butter Toast	Cheese Crackers	Bread sticks Spaghetti sauce	Bagel Peanut butter	Quick bread Milk	Yogurt Bread sticks
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Corn Peaches Bread	Milk Chicken Broccoli Pineapple Bun	Milk Meatballs Lettuce Salad Apples Pasta	Milk Fish (store bought) Potatoes Pineapple Bread sticks	Milk Grilled cheese Baked beans Celery w/ PB Bread	Milk Yogurt Tossed salad Broccoli Bread sticks	Milk French toast (1 egg per child) Potatoes Banana bread

## March Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Cottage cheese Milk	Cheese Milk Yogurt	Cheese Milk Yogurt
<b>MEAT</b>	Cheese pizza (CN or HM) Corn dogs (CN or HM) Eggs Roast beef Sausage (all meat) Tuna Turkey & ground	Chicken Eggs Ground beef Ham Roast beef Tuna	Eggs Ground beef Ham Sausage (100% meat) Tuna	Cheese pizza (HM/CN label) Eggs Ground beef Ham Refried Beans Sausage (100% meat) Turkey	Cheese pizza (HM/CN label) Chicken Eggs Fish (store bought) Ground beef Ham Sausage (100 % meat)
<b>FRUITS &amp; VEGETABLES</b>	100% juice Apples Bananas Cauliflower Fruit cocktail Green beans Pears Peas Potatoes Tangerines Vegetable soup	100% juice Apples Bananas Carrots Celery Corn French Fries Mixed fruit Oranges Peas Plums Potatoes Sweet potatoes Tomato soup	100% juice Apples Bananas Carrots French Fries Fruit cocktail Green Beans Lettuce Pineapple Potatoes Split pea soup Strawberries Tangerines Tomato sauce Tomato soup	100% juice Apples Bananas Carrots Celery Corn French Fries Grapes Green beans Mixed vegetables Oranges Peaches Potatoes Strawberries Tomato sauce	100% juice Apples Baked beans Bananas Broccoli Celery Corn Grapefruit Lettuce Peaches Pineapple Potatoes Spaghetti sauce Tangerines Tator Tots
<b>BREAD &amp; CEREALS</b>	Bagel Bread Buns Cereal / Hot cereal Cornbread French toast sticks Muffins Noodles Rice- Brown Rice cakes	Bread Brown rice Buns Cereal Pancakes Pasta	Bagels Bread Buns Cereal Hamburger buns Pancakes Pasta Sausage buns	Bread dressing Bread Buns Cereal Hamburger buns Pizza Crust Quick Bread Sausage buns Tortillas Waffles	Bagels Bread Bread sticks Brown Rice Cereal French toast Pasta Quick bread English muffins Bun / Hamburger buns Pizza Crust
<b>STAPLES &amp; MISC.</b>	Crackers Peanut butter	Crackers Peanut butter	Crackers Peanut butter	Crackers Peanut Butter	Crackers Peanut Butter

**\*Sunday March 31-Breakfast; Milk, Bananas, English Muffins- AM Snack; Toast 100% Juice- Lunch; Milk, Ham, Green Beans, Apples, Bun- PM Snack; Yogurt, Pineapple- Supper; Milk, hamburgers, Tator Tots, Peaches, Buns**

Combination foods must be CN labeled or Homemade (HM) to credit. Remember to record HM or CN on 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 \_\_\_\_\_  
Signature of care provider

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