

May 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:

One serving of whole-grain rich per day

Week 1		Sunday April 30	Monday May 1	Tuesday May 2	Wednesday May 3	Thursday May 4	Friday May 5	Saturday May 6
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Strawberries Cereal	Milk Blueberries English muffins	Milk Potatoes & eggs Tortilla wrap	Milk Bananas English muffins	Milk Apples Pancakes	Milk Potatoes Fresh pork sausage (100% meat)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Blueberries Crackers	Apples Cheese slices	Carrots Hummus CN/HM	Mixed fruit Yogurt	100% Juice Crackers	Toast Yogurt	Cucumber slices Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Green beans Apples Bun	Milk (100% meat) Hot dogs Corn Blueberries Bun	Milk Scrambled Eggs Mixed veggies Apples Bread	Milk Spaghetti w/Ground beef Green beans Banana Pasta	Milk Chicken Mixed veggies Strawberries Brown rice	Milk HM/CN Cheese pizza Corn Bananas Pizza crust	Milk Hamburger Lettuce salad Bananas Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Milk Toast w/ Peanut butter	Tortilla wrap Cheese	Carrots Hummus CN/HM	English muffin Cottage cheese	Milk Cereal	Sliced apples Yogurt
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage cheese Lettuce salad Strawberries Crackers	Milk Spaghetti w/Ground beef Green beans Tomato sauce Pasta	Milk Chicken Corn Lettuce salad Brown rice	Milk (100% meat) Hot dogs Mixed veg. Cucumbers Bun	Milk Cheese omelet Potatoes Mixed fruit Toast	Milk Chicken Carrots Cucumbers Pasta	Milk HM/CN Cheese pizza Lettuce salad Mixed fruit Pizza crust

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 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Strawberries Waffles	Milk Cantaloupe English muffin	Milk Strawberries Yogurt	Milk Potatoes Ham	Milk Banana Toast	Milk Mixed Fruit Cereal	Milk Cantaloupe Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% Juice Quick bread	Crackers Cheese	Celery Peanut butter	Carrots Yogurt	English muffin Tuna	Cantaloupe Cottage cheese	Apples Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Carrots Rolls	Milk Tuna & cheese sandwich Celery sticks Applesauce Bread	Milk Chicken stir fry Mixed veggies Cantaloupe Brown rice	Milk Ground beef Taco salad Lettuce & Tomatoes Mixed fruit Tortilla chips	Milk Egg & Cheese Omelet Potatoes Strawberries Toast	Milk HM Mac & Cheese w/Ham Peas Banana Pasta	Milk Egg salad Sandwich Green Beans Strawberries Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Crackers	Milk Quick Bread	Tortilla chips with Melted cheese Salsa	Crackers Cottage cheese	Milk Cereal	100% Juice Toast	Milk Cereal
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Yogurt Lettuce salad Mixed veggies English muffin	Milk Ham Potatoes Strawberries Rolls	Milk Tuna salad Peas Apples w/pb Pasta	Milk Chicken Green beans Strawberries Bread	Milk Grilled ham & cheese Carrots Mixed fruit Bread	Milk Ground beef - hamburgers Lettuce salad Tomatoes Bun	Milk Chicken sandwich Carrots Mixed fruit Bun

Week 3		Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100 % juice French Toast	Milk Strawberries Toast	Milk Blueberries Cereal	Milk Bananas Toast	Milk Mixed Fruit Pancakes	Milk Banana Peanut butter	Milk Potatoes Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffins Bananas	Yogurt Quick Bread	Muffins Milk	Strawberries Graham Crackers	Avocado Crackers Milk	Cheese wrapped in Tortilla	Peanut Butter Celery
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Sandwich Tossed salad Carrot sticks Bread	Milk Turkey sandwich Corn Tomatoes Bun	Milk Tacos (ground beef) Refried Beans Lettuce & Tomatoes Tortilla	Milk Grilled cheese Sandwich Celery sticks w/peanut butter Apples Bread	Milk Pulled Pork Potato Salad Corn Bun	Milk Hamburgers Baked beans Tomato slices Bun	Milk Fish (store bought) Carrots Potato Salad Rolls
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Quick Bread	Peanut Butter Crackers	Mixed Vegetables Yogurt	Cucumbers, sliced Crackers	Cheese cubes Strawberries	Apple slices Crackers	Graham Crackers 100% Juice
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Turkey Green Beans Baked Potatoes Rolls	Milk Fish (store bought) Cucumbers Apples slices Brown Rice	Milk Tuna & cheese Hot dish Lettuce salad Mixed fruit Pasta	Milk Refried beans & Cheese Tomatoes Avocado slices Tortilla	Milk Yogurt Carrots Blueberries Graham crackers	Milk Pulled Pork Corn Potato salad Bun	Milk Cheese Sandwich Baked Beans Apple's w/Peanut butter Bread

Week 4		Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pineapple Pancakes	Milk 100 % juice Cereal	Milk Strawberries Brown rice	Milk Mixed Fruit Yogurt	Milk Potatoes Eggs	Milk Bananas Cereal	Milk Pineapple Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	CN/HM Hummus Carrot sticks	Yogurt Graham Crackers	Peanut Butter Celery	Cheese Slices Apples	Cottage Cheese Sliced Peppers	Cereal Milk
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Cabbage salad Blueberries Brown Rice	Milk Quiche (eggs) Broccoli Strawberries Pie crust	Milk Ham sub sandwich Celery & Carrot sticks Pineapple Bun	Milk Hot dogs (100% meat) Cabbage salad Apples Buns	Milk Chicken Fried Rice Carrots & Peas Strawberries w/Yogurt Brown rice	Milk Sloppy joes (ground beef) Baked Beans Strawberries Bun	Milk Scrambled eggs Potatoes Mixed Fruit Pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100 % juice	Peanut Butter Apples	Muffin Milk	Cottage cheese Crackers	Yogurt Toast	Crackers CN/HM Hummus	Banana Graham Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot dogs (100% Meat) Pea Carrots Bun	Milk Chicken salad Celery sticks Blueberries Pasta	Milk Sloppy joes (ground beef) Cabbage salad Apples Bun	Milk Hm Mac & cheese w/Hot dog pieces Broccoli Blueberries Pasta	Milk Ham sub sandwich Carrots & Celery Apples Buns	Milk Chicken Fried Rice Carrots & Peas Mixed Fruit w/Yogurt Brown Rice	Milk Cottage Cheese Broccoli Sliced Peppers Crackers
Week 5		Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday June 1	Friday June 2	Saturday June 3
Breakfast	*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
AM Snack	Serve 2 of the following: *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
Lunch	*Fluid Milk *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
PM Snack	Serve 2 of the following: *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
Supper	*Fluid Milk *Fruit/Vegetable/Juice *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

May Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Cottage Cheese Milk Yogurt	Cheese Milk Cottage Cheese Yogurt	Cheese Milk Yogurt	Cheese Cottage Cheese Milk Yogurt	Cheese Milk Yogurt
MEAT	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 Tuna	Eggs Fish (store bought) Ground Beef Pulled Pork Tuna Turkey	Chicken Eggs Hot dogs (100% meat) Hummus CN/HM Ground beef Ham (for sub sandwiches)	Cheese Pizza (HM or CN) Chicken Eggs Fish (store bought) Ground Beef Ham Split Pean Soup Tuna
FRUITS & VEGETABLES	100% Juice Apples Bananas Blueberries Cucumbers Carrots Corn Green Beans Lettuce Mixed Veggies Mixed Fruit Potatoes Strawberries Tomato Sauce	100% Juice Apples Applesauce Bananas Cantaloupe Celery Carrots Green Beans Lettuce Mixed Fruit Mixed Vegetables Peas Potatoes Salsa Strawberries Tomatoes	100% Juice Apples Avocado Bananas Bananas Baked Beans Blueberries Carrots Celery Corn Cucumbers French Fries Green Beans Lettuce Mixed Fruit Mixed Veggies Refried Beans Potatoes/Salad Strawberries Tomatoes	100% Juice Apples Baked Beans Bananas Blueberries Broccoli Cabbage Carrots Celery Mixed Fruit Peas Peppers Pineapple Potatoes Strawberries Tomato Sauce	100% Juice Apples Bananas Blueberries Broccoli Carrots / Celery Cantaloupe Corn Green beans Lettuce Mixed Fruit Peas Potatoes Strawberries Tomato Sauce
BREAD & CEREALS	Bread Cereal English Muffins Hamburger Buns Hot Dog Buns Pancakes Pizza Crust Rice-Brown Spaghetti Noodles Tortillas	Bread Cereal English Muffins Hamburger buns Pasta Quick Bread Rolls/ Buns Rice-Brown Tortilla Chips Waffles	Bread Cereal French Toast Hamburger Buns Muffins Pancakes Pasta Quick Bread Brown Rice Rolls Tortilla	Bread Cereal Hamburger buns Hot Dog Buns Muffins Pancakes Pasta Pie Crust Rice-Brown Buns - for sub sandwich	Bread Stick Bread Cereal Hamburger Buns Hot Dog Buns Pasta Pizza Crust Quick Bread Tortilla Waffles
STAPLES & MISC.	Crackers Peanut Butter	Crackers Peanut Butter	Crackers Graham Crackers Peanut Butter	Crackers Graham 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: _____