



May E-Z Menu

E-Z menus are preplanned menus you can use as is or change to better accommodate the foods you typically serve. To use E-Z menus:

- 1) Print or view the menus found in the “Members Only” section of ACA’s website www.acainc.org
- 2) To select an E-Z menu in KidKare go to Enter Meal> Select meal. Click on the blue EZ near the top of the screen.
- 3) If you are making a change to the menu, use the dropdown arrows to the right of the meal component you are changing. Select the component you served. For example, if the E-Z menu show orange juice, but you served apple juice, you need to change the menu to indicate apple juice was served.
- 4) **Remember to use the whole grain slider to indicate when a whole grain-rich item (wg) is served.** Meal deduction will occur if a whole grain-rich food is not offered at least once per day.
- 5) Contact ACA with any questions.

May 2024 E-Z MENU PLANNER

| Week 1 | | Monday May 29 | Tuesday May 30 | Wednesday May 1 | Thursday May 2 | Friday May 3 |
|------------------|--|--|---|--|--|---|
| Breakfast | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate | Milk Orange juice Kix (wg) | Milk Strawberries English muffins | Milk Potatoes & eggs Whole wheat tortilla (wg) (breakfast wrap) | Milk Bananas Pancakes | Milk Apples English Muffins |
| AM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Apples Cheese | Carrot sticks Banana slices | Mixed fruit Yogurt | Milk Goldfish crackers | Orange juice Cottage cheese |
| Lunch | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Hot dogs (100% meat) Corn Blueberries Bun | Milk Scrambled Eggs Mixed veggies Kiwi Pancakes | Milk Ground beef (spaghetti) Tomato sauce Banana Pasta | Milk Chicken Corn Strawberries Brown rice (wg) | Milk HM/CN Cheese pizza Mixed veggies Bananas w/yogurt Pizza crust |
| PM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Peanut butter Whole wheat toast (wg) | Whole wheat tortilla (wg) Cheese (wrap) | Carrots Hummus CN/HM | English muffin Cottage cheese | Milk Kix (wg) |

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. **ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.**

(wg) = whole grain-rich

May 2024 E-Z MENU PLANNER

| Week 2 | | Monday May 6 | Tuesday May 7 | Wednesday May 8 | Thursday May 9 | Friday May 10 |
|------------------|--|--|---|---|---|--|
| Breakfast | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate | Milk Oranges English muffin | Milk Strawberries Banana bread | Milk Potatoes Ham | Milk Banana Whole wheat toast (wg) | Milk Mixed Fruit Cheerios (wg) |
| AM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Saltine crackers Cheese | Celery Peanut butter | Carrot sticks Banana slices | Apple juice English muffin | Whole wheat toast (wg) Peanut butter |
| Lunch | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Ham & Cheese sandwich Green beans Applesauce Whole wheat bread (wg) | Milk Chicken stir fry Mixed veggies Oranges Brown rice (wg) | Milk Peanut butter sandwich Celery Strawberries w/Yogurt Whole wheat bread (wg) | Milk Egg & Cheese Omelet Potatoes Strawberries Whole wheat toast (wg) | Milk Ground beef (hamburgers) Carrots Bananas Bun |
| PM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Banana bread | Apple juice Yogurt | Saltine crackers Cheese | Milk Cheerios (wg) | Apple juice Hardboiled eggs |

ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.

| Week 3 | | Monday May 13 | Tuesday May 14 | Wednesday May 15 | Thursday May 16 | Friday May 17 |
|------------------|--|--|--|--|--|--|
| Breakfast | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate | Milk Pears Whole wheat toast (wg) | Milk Bananas Oatmeal (wg) | Milk Potatoes Eggs | Milk Bananas Blueberry muffins | Milk Apple slices Peanut butter |
| AM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Orange juice Yogurt | Blueberry muffins Milk | Strawberries Graham Crackers | Cucumbers slices Apple slices | Celery sticks Orange Juice |
| Lunch | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Hot dogs (100% meat) Corn Tomatoes Bun | Milk Ground beef (spaghetti) Tomato sauce Lettuce salad Pasta | Milk Grilled cheese Sandwich Celery sticks w/peanut butter Pears Whole wheat bread (wg) | Milk Refried beans & Cheese (bean burrito) Lettuce Salad Corn Whole wheat tortilla (wg) | Milk Egg salad sandwich Tomatoes Strawberries Whole wheat bread (wg) |
| PM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Peanut Butter Graham Crackers | Milk Mixed raw veggies | Cucumbers slices Orange juice | Cheese cubes Strawberries | Whole grain tortilla (wg) Cheese (cheese chilito) |

ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.

May 2024 E-Z MENU PLANNER

| Week 4 | | Monday May 20 | Tuesday May 21 | Wednesday May 22 | Thursday May 23 | Friday May 24 |
|------------------|--|--|---|--|---|---|
| Breakfast | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate | Milk Grape juice Shredded wheat (wg) | Milk Oranges Whole wheat toast (wg) | Milk Pineapple Yogurt | Milk Potatoes Eggs | Milk Bananas Brown rice (wg) |
| AM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Carrot sticks Hummus (CN or HM) | Apple slices Yogurt | Celery Peanut Butter | Cabbage salad Grape juice | Milk Strawberries |
| Lunch | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Quiche (eggs) Broccoli Strawberries Pie crust | Milk Ham sandwich Bell pepper slices Pineapple Whole wheat bread (wg) | Milk Ground beef (sloppy joes) Cabbage salad Apples Buns | Milk Chicken Broccoli Strawberries Brown rice | Milk Grilled cheese sandwich Carrots Apples w/pb Whole wheat bread (wg) |
| PM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Carrot sticks Apple slices | Grape juice Popcorn (wg) | Whole wheat crackers (wg) Ham slices | Milk Whole wheat toast (wg) | Celery Peanut butter |

ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.

| Week 5 | | Monday May 27 | Tuesday May 28 | Wednesday May 29 | Thursday May 30 | Friday May 31 |
|------------------|--|--|---|---|---|--|
| Breakfast | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate | Milk Oranges Eggs | Milk Mixed berry juice Cheerios (wg) | Milk Apple slices Whole wheat toast (wg) | Milk Bananas Oatmeal (wg) | Milk Mixed fruit Yogurt |
| AM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Mixed berry juice Animal crackers | Apple slices Yogurt | Milk Banana bread | Carrot sticks Hard boiled eggs | Apple slices Ham pieces |
| Lunch | *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | Milk Split pea soup Carrot sticks Bananas Whole wheat bread (wg) | Milk Tuna & cheese muffins Lettuce salad Blueberries English Muffin | Milk Cheese pizza (CN or HM) Green Beans Apple's w/ Peanut Butter Pizza Crust | Milk Ham sandwich Broccoli Mixed fruit Whole wheat bread (wg) | Milk Fish (store bought) Green beans Blueberries Brown rice (wg) |
| PM Snack | Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate | English muffin Peanut Butter | Carrot sticks Animal crackers | Banana Yogurt | Mixed berry juice Banana Bread | Milk Cheerios (wg) |

ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.

May 2024 Shopping List

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|--------------------------------|--|---|--|--|--|
| Milk | Milk | Milk | Milk | Milk | Milk |
| MEAT/MEAT ALTERNATES | Cheese Cheese Pizza (CN or HM) Chicken Cottage cheese Eggs Ground beef Hummus (CN or HM) Hot dogs (all meat) Yogurt | Cheese Chicken Eggs Ground beef Ham Peanut butter Yogurt | Cheese Eggs Ground beef Hot dogs (100% meat) Peanut butter Refried beans Yogurt | Cheese Chicken Eggs Ground beef Ham Hummus (CN or HM) Peanut Butter Yogurt | Cheese Cheese Pizza (CN or HM) Eggs Fish (store bought) Ham Peanut butter Split Pea Soup Tuna Yogurt |
| FRUITS & VEGETABLES | Apples Bananas Blueberries Corn Carrots Kiwi Mixed fruit Mixed vegetables Orange juice Potato Strawberries Tomato sauce | Apple juice Applesauce Banana Carrots Celery Green beans Mixed fruit Mixed vegetables Oranges Potatoes Strawberries | Apples Bananas Celery Corn Cucumbers Lettuce Mixed raw vegetables Orange juice Pears Potatoes Strawberries Tomatoes Tomato sauce | Apples Bell peppers Bananas Broccoli Cabbage Carrots Celery Grape juice Oranges Pineapple Potatoes Strawberries | Apples Bananas Blueberries Broccoli Carrots Green beans Lettuce Mixed berry juice Mixed fruit Oranges |
| GRAINS & BREADS | Brown rice Buns English muffins Goldfish crackers Kix Pancakes Pasta Pizza crust Whole wheat bread Whole wheat tortilla | Banana bread Brown rice Buns Cheerios English muffin Saltine crackers Whole wheat bread | Blueberry muffins Buns Graham crackers Oatmeal Pasta Whole wheat bread Whole wheat tortilla | Brown Rice Buns Pie crust (for quiche) Popcorn Shredded wheat Whole wheat crackers Whole wheat toast | Animal crackers Banana bread Brown rice Cheerios English muffins Oatmeal Pizza crust Whole wheat bread |

ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.

Breakfast cereal may have no more than 6 grams of sugar per dry ounce.

Yogurt may have no more the 23 grams of sugar per 6 ounces.

A whole grain-rich food must be served at least once per day.