

NOVEMBER 2020 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

Week 1		Sunday Nov 1st	Monday Nov 2nd	Tuesday Nov 3rd	Wednesday Nov 4th	Thursday Nov 5th	Friday Nov 6th	Saturday Nov 7th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Grapes Toast	Milk Bananas Cereal	Milk Waffles Applesauce	Milk French Toast Mixed fruit	Milk Bananas English Muffin	Milk Eggs Potatoes	Milk Cereal Mixed Fruit
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Hard / Soft Pretzels	Hard Boiled Egg Toast	English Muffin 100% Juice	Crackers 100% Juice	Celery Peanut Butter Raisins (ants on a log)	Crackers Grapes	Yogurt Carrots
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Meatloaf Squash Baked Potatoes Bread	Milk Fish (store bought) French Fries Apples Bread	Milk Grilled Ham & Cheese sandwich Baked Beans Grapes Bread	Milk Taco's Ground beef Tomato & lettuce Apples Tortilla	Milk Eggs Potatoes Apples Toast	Milk Grilled Cheese Sandwich French Fries Green beans / with Almonds Bread	Milk Hamburger Baked Beans Grapes Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Peanut Butter Celery	Cereal Milk	Yogurt Crackers	Cheese Tortilla	Crackers Cottage Cheese	Hard / Soft Pretzels Applesauce
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Lettuce Salad Mixed Fruit Rolls	Milk Ham Scalloped Potatoes Green Beans Rolls	Milk Scrambled eggs Potatoes Bananas Toast	Milk Sloppy Joes w/ Ground Beef Potatoes Carrots Buns	Milk Cottage Cheese Lettuce Salad Grapes Crackers	Milk CN or HM Pepperoni / Cheese Pizza Carrots Apples Pizza Crust	Milk Chicken Green Beans Bananas Bread

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.

****Grapes may pose a choking hazard for young children. Be sure to cut the grapes into small pieces if necessary.**

Week 2		Sunday Nov 8	Monday Nov 9	Tuesday Nov 10	Wednesday Nov 11	Thursday Nov 12	Friday Nov 13	Saturday Nov 14
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Kiwi Pancakes	Milk 100% Juice Cereal	Milk Peaches Pancakes	Milk Oranges Yogurt	Milk Potatoes Eggs	Milk Bananas Cereal	Milk Oranges Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Bananas	Cheese Apples	Milk Cereal	Tuna Crackers	Yogurt dip Carrots & Celery sticks	Peanut Butter Apples	Milk HM Trail Mix (Almonds, raisins, cheerios)
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Grilled Tuna & Cheese Sandwich Carrot Sticks Apples Bread	Milk Ground Beef Lasagna Lettuce Salad Oranges Lasagna Noodles	Milk Roast Beef Carrots Bananas Bread	Milk Hamburgers Squash French fries Bun	Milk CN or HM Pepperoni & Cheese Pizza Lettuce salad Fruit Cocktail Pizza Crust	Milk Meatloaf sandwich Carrots Apples Bread	Milk Grilled Cheese Green Beans/w almonds (sliced) Bananas Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% Juice Toast	Peanut butter Crackers	Yogurt Crackers	Peanut Butter Toast	Milk Toast	Milk HM Trail Mix (Almonds, raisins, cheerios)	Peanut Butter Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ground Beef Lasagna Green Beans Fruit cocktail Lasagna Noodles	Milk Roast Beef Potatoes Peaches Rolls	Milk CN or HM Pepperoni & Cheese Pizza Green Beans Apples Pizza Crust	Milk Yogurt Carrot Sticks Lettuce Salad Crackers	Milk Meatloaf Potatoes Squash Bread	Milk Eggs Green Beans Banana Toast	Milk Yogurt Carrots Apples Crackers

Week 3		Sunday Nov 15	Monday Nov 16	Tuesday Nov 17	Wednesday Nov 18	Thursday Nov 19	Friday Nov 20	Saturday Nov 21
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Bananas French Toast Sticks	Milk Pineapple Ham	Milk Potatoes Eggs	Milk Oranges Toast	Milk 100% Juice Cereal	Milk Applesauce French Toast Sticks
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Applesauce	Yogurt Muffins	Milk Crackers	Bananas Muffins	Peanut butter Celery & Carrot Sticks	Turkey Bun	Tuna Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Sandwich Cauliflower Oranges Bun	Milk Ham & Cheese Wrap Corn Whole cranberry sauce Tortilla	Milk BBQ Pulled Pork Peas Bananas Bun	Milk Ground Beef (spaghetti) Green Beans Pineapple Spaghetti Noodles	Milk Turkey Cauliflower Sweet Potatoes Bread dressing	Milk Fish (store bought) Green Beans Applesauce Brown Rice	Milk Meatloaf Peas Whole Cranberry sauce Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Milk	Hard Boiled egg Crackers	Toast Peanut Butter	Tortilla Cheese	Milk Crackers	Yogurt (for dip) Raw Cauliflower	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Eggs Potatoes Mixed fruit Toast	Milk Ground beef (spaghetti) Celery sticks Spaghetti sauce Spaghetti noodles	Milk Ham Cauliflower Mixed Fruit Rolls	Milk Fish (store bought) Peas French Fries Bread	Milk BBQ Pulled Pork Corn Mixed Fruit Bun	Milk Meatloaf Sweet Potatoes Bananas Rolls	Milk Turkey Corn Bananas Bread Dressing

Week 4		Sunday Nov 22	Monday Nov 23	Tuesday Nov 24	Wednesday Nov 25	Thursday Nov 26	Friday Nov 27	Saturday Nov 28
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Fruit Cocktail Pancakes	Milk Potatoes Eggs	Milk Pears Hot Cereal	Milk Apple Ham slices	Milk Kiwi Cereal	Milk Apples Quick bread
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit Cocktail Crackers	Apples Soft / Hard pretzels	Cottage Cheese English muffin	Egg Salad Crackers	100% Juice Toast	Milk Quick Bread	Milk Hot Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Carrots Kiwi Brown Rice	Milk Split Pea Soup Celery Sticks Bananas Crackers	Milk Tuna & Cheese Melt Broccoli Banana Bread	Milk 100% Meat Hot dogs Sweet Potato Fries Fruit Cocktail Buns	Milk Grilled Cheese Tomato soup Pears with Cottage Cheese Bread	Milk Chicken Tacos Lettuce Bananas Taco Shell	Milk Eggs Broccoli Fruit Cocktail Pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Toast	Quick Bread Kiwi	100% Juice Soft / Hard pretzels	Peanut Butter Celery sticks	Bread sticks Fruit Cocktail	Peanut Butter English Muffin	Cheese Taco Shell
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk 100% meat hot dogs Broccoli Apples Buns	Milk Tuna Casserole Green beans Pears Pasta	Milk Split pea soup Carrot Sticks Apples Bread	Milk Ham Broccoli Scalloped potatoes Bread sticks	Milk Chicken Casserole Lettuce salad Bananas Pasta	Milk Ham & Cheese sandwich Sweet potatoes fries Celery sticks Bread	Milk HM Chicken Noodle soup Lettuce salad Kiwi Pasta
Week 5		Sunday Nov 29	Monday Nov 30	Tuesday Dec 1st	Wednesday Dec 2nd	Thursday Dec 3rd	Friday Dec 4th	Saturday Dec 5th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Peaches Eggs	Milk 100% Juice Cereal	Milk Potatoes Ham	Milk Apple Sauce Toast	Milk Bananas Cereal	Milk Potatoes Scrambled eggs	Milk Pineapple Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Toast Peanut Butter	Quick bread Peaches	Hamburger Bun (Pizza Bun) Spaghetti Sauce & Cheese	Muffins Milk	Crackers Cheese
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk Fish (store bought) Corn Applesauce Brown Rice	Milk Chicken Broccoli Pineapple Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Broccoli Pineapple Crackers	Milk CN or HM Cheese Pizza Cabbage Salad Bananas Crust	Milk Hamburger Corn Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut Butter	Yogurt Crackers	Quick Bread Mixed Fruit	Cottage Cheese Crackers	Peaches Muffins	Apples Peanut Butter	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Cabbage Salad Bananas Bun	Milk Ham Cabbage Salad Oranges Pasta	Milk Split Pea Soup Carrot sticks Bananas Crackers	Milk Meatballs HM/CN Spaghetti Sauce Broccoli Pasta	Milk Ham & Cheese Omelet Potatoes Apples Toast	Milk HM Chicken Rice Soup Celery Sticks Pineapple Brown Rice	Milk Fish (Store bought) Broccoli Oranges Brown Rice

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Milk Cottage Cheese Yogurt	Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage Cheese	Cheese Cottage Cheese Milk
MEAT	Cheese & Pepperoni Pizza (CN or HM) Chicken Eggs Fish (store bought) Ground Beef Ham Hamburger	Eggs Hamburger Ground Beef Pepperoni & Cheese Pizza (hm or cn) Roast Beef Tuna	Eggs Fish (store bought) Ground Beef Ham Hamburgers Pork (pulled) Tuna Turkey	Eggs Tuna Ham Chicken Hot dogs (100% meat) Split pea soup	Cheese pizza (hm or cn) Chicken Eggs Fish (store bought) Ground beef Ham Hamburgers Meatballs (CN or HM) Split pea soup
FRUITS & VEGETABLES	100% Juice Apples Applesauce Bananas Baked Beans Carrots Celery French Fries Green Beans Grapes Lettuce Potatoes Raisins Squash Tomato's Tomato Sauce	100% Juice Apples Bananas Carrots Celery French Fries Fruit Cocktail Green beans Kiwi Lettuce Oranges Peaches Potatoes Raisins Squash Tomato Sauce	100% Juice Applesauce Bananas Carrots Cauliflower Celery Cranberries (Whole cranberry sauce) Corn French Fries Green Beans Mixed fruit Oranges Pineapple Peas Potatoes Sweet potatoes Spaghetti Sauce	100% Juice Apples Bananas Broccoli Carrots Celery Fruit Cocktail Green beans Kiwi Lettuce Pears Scalloped Potatoes Potatoes Sweet Potato Fries Tomato Soup	100% juice Apples Applesauce Bananas Broccoli Cabbage Carrots Corn Kiwi Mixed fruit Oranges Peaches Pineapple Potatoes Squash Spaghetti sauce
BREAD & CEREALS	Bread Cereal English Muffins French Toast Hamburger Buns Rolls Pretzels (Soft / Hard) Pizza Crust Tortilla's Waffles	Bread Cereal-Cheerios Hamburger Buns Lasagna Noodles Pancakes Pizza Crust Rolls	Bread Dressing Bread Cereal French Toast Sticks Hamburger Buns Muffins Spaghetti Noodles Rice- Brown Rolls Tortilla	Bread Bread Sticks Cereal- Hot cereal English Muffins Hot Dog Buns Pancakes Pasta Quick Bread Rice-Brown Pretzels (Soft / Hard) Taco Shells	Bread Cereal Hamburger Buns Muffins Pancakes Pasta Pizza Crust Quick Bread Rice -Brown
STAPLES & MISC.	Almonds (slivered) Crackers Peanut Butter	Almonds (silvered) Crackers Peanut Butter	Crackers Peanut Butter	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