

NOVEMBER 2021 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 Oct 31st	Monday Nov 1st	Tuesday Nov 2nd	Wednesday Nov 3rd	Thursday Nov 4th	Friday Nov 5th	Saturday Nov 6th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Toast	Milk Fruit Salad Cereal	Milk Pancakes Applesauce	Milk Cereal 100% Juice	Milk Bananas English Muffin	Milk Eggs Potatoes	Milk Cereal 100% Juice
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Mixed Nuts	Hard Boiled Egg Toast	English Muffin 100% Juice	Crackers Pears	Celery Peanut Butter Raisins (ants on a log)	Crackers Pears	Hard / Soft Pretzels Applesauce
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 Fruit Cocktail Bread	Milk Taco's Ground beef Tomato & Lettuce Apples Tortilla	Milk Eggs Potatoes Apples Toast	Milk Sloppy Joes w/ Ground Beef French Fries Carrots Buns	Milk Fish (store bought) Baked Beans Lettuce Salad Rolls
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cheese Crackers	Peanut Butter Celery Raisins (ants on a log)	Cereal Milk	Yogurt Crackers	Cheese Tortilla	Hard / Soft Pretzels Applesauce	Yogurt Fruit Cocktail
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Lettuce Salad Fruit Salad Rolls	Milk Ham Scalloped Potatoes Green Beans Rolls	Milk Scrambled eggs Potatoes Bananas Toast	Milk Cottage Cheese Lettuce Salad Carrots Crackers	Milk Grilled Cheese Sandwich French Fries Green beans / with Almonds Bread	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.

Week 2		Sunday Nov 7	Monday Nov 8	Tuesday Nov 9	Wednesday Nov 10	Thursday Nov 11	Friday Nov 12	Saturday Nov 13th
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	Milk Rice Cakes	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 Potatoes Bread	Milk Hamburgers Squash French fries Bun	Milk CN or HM Pepperoni & Cheese Pizza Lettuce salad Fruit Cocktail Pizza Crust	Milk Meatloaf sandwich Carrots Kiwi Bread	Milk Grilled Cheese Green Beans Bananas w/ Yogurt Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% Juice Toast	Peanut butter Crackers	Yogurt Rice Cakes	Peanut Butter Toast	Cottage Cheese Carrots & Celery Sticks	Milk HM Trail Mix (Almonds, raisins, cheerios)	Peaches 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 Cottage Cheese Carrot Sticks Lettuce Salad Crackers	Milk Meatloaf Potatoes Squash Bread	Milk Eggs Potatoes Banana Toast	Milk Tuna Hotdish Peas Apples Noodles

Week 3		Sunday Nov 14	Monday Nov 15	Tuesday Nov 16	Wednesday Nov 17	Thursday Nov 18	Friday Nov 19	Saturday Nov 20
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas French Toast Sticks	Milk 100% Juice Cereal	Milk Pears Ham	Milk Potatoes Eggs	Milk Oranges Toast	Milk Pears Cereal	Milk Applesauce French Toast Sticks
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Applesauce	Yogurt Muffins	Milk Crackers	Milk Muffins	Peanut butter Celery & Carrot Sticks	Quick Bread Milk	Cheese Tortilla wrap
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna Sandwich Cauliflower Oranges Bun	Milk Ham & Cheese Wrap Split Pea Soup Pears Tortilla	Milk BBQ Pulled Pork Broccoli Bananas Bun	Milk Ground Beef (spaghetti) Green Beans Bananas Spaghetti Noodles	Milk Chicken Cauliflower Sweet Potatoes Bread dressing	Milk Fish (store bought) Green Beans Applesauce Brown Rice	Milk Meatloaf Baked Beans Potatoes Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Milk	Hard Boiled egg Crackers	Celery & Carrot Sticks Peanut Butter	Tortilla Cheese wrap	100% Juice Crackers	Yogurt Crackers	Quick Bread Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Split Pea Soup Lettuce Salad Mixed fruit Bread Sticks	Milk Ground beef (spaghetti) Broccoli Spaghetti sauce Spaghetti noodles	Milk Ham Cauliflower Mixed Fruit Bread Sticks	Milk Fish (store bought) Baked Beans French Fries Bread	Milk BBQ Pulled Pork Corn Applesauce Bun	Milk Meatloaf Sweet Potatoes Corn Bread Sticks	Milk Chicken Broccoli Bananas Bread Dressing

Week 4		Sunday Nov 21	Monday Nov 22	Tuesday Nov 23	Wednesday Nov 24	Thursday Nov 25	Friday Nov 26	Saturday Nov 27
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Hot Cereal	Milk Fruit Cocktail Pancakes	Milk Potatoes Eggs	Milk 100% Juice Hot Cereal	Milk Pears Ham slices	Milk Kiwi Cereal	Milk Apples English Muffins
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 Apples with Peanut Butter 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 Crackers	Milk Ham Broccoli Scalloped potatoes Bread sticks	Milk Chicken Casserole Lettuce salad Bananas Pasta	Milk Ham & Cheese sandwich Sweet potatoes fries Green Beans Bread	Milk HM Chicken Noodle soup Lettuce salad Kiwi Pasta
Week 5		Sunday Nov 28	Monday Nov 29	Tuesday Nov 30th	Wednesday Dec 1st	Thursday Dec 2nd	Friday Dec 3rd	Saturday Dec 4th
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Peaches Eggs	Milk 100% Juice Cereal	Milk Potatoes Ham	Milk Applesauce 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 100% Juice	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 Hotdish Broccoli Pineapple Noodles	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Lettuce Salad Pineapple Crackers	Milk CN or HM Cheese Pizza Cabbage Salad Apples w/ Peanut Butter Pizza 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	Milk Muffins	Banana Crackers	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 Cottage Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage Cheese	Cheese Cottage Cheese Milk Yogurt
MEAT	Cheese & Pepperoni Pizza (CN or HM) Chicken Eggs Fish (store bought) Ground Beef Ham	Eggs Hamburger Ground Beef Pepperoni & Cheese Pizza (hm or cn) Roast Beef Tuna	Chicken Eggs Fish (store bought) Ground Beef Ham Hamburgers Pork (pulled) Split Pea Soup Tuna	Eggs Tuna Ham Chicken Hot dogs (100% meat) Split pea soup	Cheese pizza (hm or cn) Chicken Eggs Fish (store bought) Ham Hamburgers Meatballs (CN or HM) Split pea soup
FRUITS & VEGETABLES	100% Juice Apples Applesauce Bananas Baked Beans Carrots Celery French Fries Fruit Cocktail Fruit Salad Green Beans Lettuce Pears Potatoes Raisins Squash Tomato's Tomato Sauce	100% Juice Apples Bananas Carrots Celery French Fries Fruit Cocktail Green beans Kiwi Lettuce Oranges Peas Peaches Potatoes Raisins Squash Tomato Sauce	100% Juice Applesauce Baked beans Bananas Broccoli Carrots Cauliflower Celery Corn French Fries Green Beans Lettuce Mixed fruit Oranges Pears 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 Lettuce Mixed fruit Oranges Peaches Pineapple Potatoes Squash Spaghetti sauce
BREAD & CEREALS	Bread Cereal English Muffins French Toast Hamburger Buns Rolls Pancakes Pretzels (Soft / Hard) Pizza Crust Tortilla's	Bread Cereal-Cheerios Hamburger Buns Lasagna Noodles Pancakes Pasta/Noodles Pizza Crust Rice Cakes Rolls	Bread Dressing Bread Bread Sticks Cereal French Toast Sticks Hamburger Buns Muffins Quick Bread Spaghetti Noodles Rice- Brown 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 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