

October 2018 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:

Effective October 1, 2018 new Meal Patterns / One serving of whole-grain rich per day

Week 1		Sunday Sept 30	Monday Oct 1	Tuesday Oct 2	Wednesday Oct 3	Thursday Oct 4	Friday Oct 5	Saturday Oct 6
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	milk 100 % Juice muffin	milk bananas toast	milk grapes* cereal	milk peaches waffles	Milk Kiwi Yogurt	Milk 100% juice pancakes	Milk potatoes eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Wheat crackers cheese	peanut butter celery & raisins	Quick bread milk	apples Peanut Butter	English muffin peanut butter	muffin milk	toast peanut butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk turkey squash fruit cocktail bread	milk CN or HM bean burritos corn oranges tortilla	milk HM turkey rice soup celery fruit cocktail brown rice	milk ground beef (taco) lettuce salad tomato slices tortilla	milk egg salad lettuce salad oranges bread	milk tuna sandwich celery sticks banana & yogurt bread	milk hamburger tomato French fries bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	hot cereal milk	rice cakes 100% juice	tortilla cheese	Wheat crackers milk	Bananas HM Sweet potato fries	Bread sticks applesauce	Wheat crackers cheese
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	milk grilled turkey and cheese broccoli oranges bread	milk hamburgers squash Applesauce bun	milk eggs broccoli oranges pancakes	milk turkey sandwich sliced cucumbers applesauce bread	milk ground beef casserole broccoli beets wild rice	milk French toast (1 egg/child) potatoes fruit cocktail bread	milk CN or HM bean burrito lettuce salad apples tortilla

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 Oct 7	Monday Oct 8	Tuesday Oct 9	Wednesday Oct 10	Thursday Oct 11	Friday Oct 12	Saturday Oct 13
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Grapefruit Hot Cereal	Milk Melon Muffin	Milk potatoes scrambled eggs	Milk Peaches Ham	Milk 100% Juice Toast	Milk Bananas pancakes	Milk Grapefruit Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Strawberries Graham Crackers	String Cheese HM baked Apple chips w/cinnamon	Avocado Crackers	Fried Egg Sandwich Toast	Milk Muffin	100% Juice Cinnamon toast	Yogurt Dip Carrots & celery
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Egg Salad Green Beans Melon Pita Bread	Milk Hamburgers Strawberries HM Sweet potato fries Buns	Milk Tuna sandwich Cauliflower Fruit Cocktail Bread	Milk Turkey Broccoli Apple Toast	Milk Hamburgers Potatoes Sliced tomatoes Bun	Milk Turkey Cauliflower Fruit Cocktail Bagel	Milk Sausage (100% meat) Greens beans Apple Buns
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut Butter Bagel	Peaches Biscuits	Peanut Butter Toast	Yogurt Strawberries	Cheese crackers	String Cheese Wheat Crackers	Peaches crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Cauliflower Grapes* Buns	Milk Grilled Cheese Green beans Apples w/ Peanut butter Bread	Milk Ham Potatoes Strawberries Rolls	Milk Tuna Salad Green beans Grapes* Pita Bread	Milk Sausage (100% meat) Broccoli Peaches Bagel	Milk Sloppy Joes (ground beef) tomato sauce Grapes Bun	Milk Tuna Broccoli Mixed Fruit Pita bread

Week 3		Sunday Oct 14	Monday Oct 15	Tuesday Oct 16	Wednesday Oct 17	Thursday Oct 18	Friday Oct 19	Saturday Oct 20
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Bananas Ham	Milk Apples Waffles	Milk 100% Juice Cereal	Milk Peaches Yogurt	Milk Bananas Hot Cereal	Milk Potatoes Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut butter	Cauliflower & Carrot sticks Cheese Dip	Bananas Yogurt	Waffles Milk	Apples Peanut Butter	Toast 100% Juice	Muffin Milk
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Cauliflower Pineapple Bread	Milk Chicken Chow Mein Chow Mein Veggies Apples Brown Rice	Milk Ham & Cheese Omelets Potatoes Tangerines Toast	Milk Grilled Cheese sandwiches Green beans Mixed Fruit Bread	Milk HM Chicken Noodle soup Carrots Tangerines Noodles	Milk CN or HM Cheese Pizza Green Beans Peaches Pizza Crust	Milk Ham & Cheese Sandwich Cabbage salad Apples Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Cold Cereal Milk	Toast 100% Juice	Tuna Wheat crackers	Hot dog (100% meat) Hot dog bun	Hard boiled egg Crackers	Peanut Butter celery
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Green Beans Tangerines Bread	Milk CN or HM Cheese pizza Carrots Bananas Crust	Milk HM Chicken noodle soup Lettuce salad Pineapple Noodles	Milk French toast (1 egg/child) Potatoes Apples Bread	Milk Grilled Ham & Cheese Sandwich Green beans Mixed fruit Bread	Milk Hot dogs (all meat) Potatoes Tangerines Bun	Milk Chicken sandwich Green Beans Mixed fruit Bread

Week 4		Sunday Oct 21	Monday Oct 22	Tuesday Oct 23	Wednesday Oct 24	Thursday Oct 25	Friday Oct 26	Saturday Oct 27
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Muffins	Milk Kiwi Pancakes	Milk Bananas Yogurt	Milk Oranges Sausage (all meat)	Milk Potatoes Eggs	Milk Grapefruit Hot Cereal	Milk Oranges Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Cheese Wheat Crackers	Toast Milk	Yogurt Dip Carrots & celery	Hot Cereal Milk	Apple Peanut Butter	Rice w/ Cinnamon Milk
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Baked beans Kiwi Bun	Milk Meatloaf Potatoes Apples Bread	Milk Fish (Store bought) Corn Apples Wild Rice	Milk Hamburger Chili Kiwi Navy Beans Crackers	Milk Turkey Squash Bananas Bread Dressing	Milk Grilled Cheese Tomato Soup Bananas w/ Yogurt Bread	Milk Eggs Potatoes Grapefruit Toast
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Yogurt	Quick bread Milk	Cereal Milk	Peanut Butter Crackers	Cinnamon Toast Applesauce	Deviled eggs Crackers	Cheese Wheat Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (Store bought) Corn Apples Crackers	Milk Hot Dogs (all meat) Tomato Soup Kiwi Bun	Milk Meatloaf Baked Beans Potatoes Bread	Milk Turkey Squash Bananas Bread Dressing	Milk HM Macaroni & Cheese Green Beans Apples w/PB Macaroni	Milk Chili Dogs (all meat) Potatoes Kiwi Buns	Milk Hamburgers Baked Beans Apples Bun

Week 5		Sunday Oct 28	Monday Oct 29	Tuesday Oct 30	Wednesday Oct 31	Thursday Nov 1	Friday Nov 2	Saturday Nov 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Apples Toast	Milk 100% Juice Cereal	Milk Pineapple Ham	Milk Potatoes Eggs	Milk Bananas Cereal	Milk 100% Juice Pancakes	Milk Peaches 100% all meat sausage
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Bread sticks Dipped in Spaghetti sauce	Celery Peanut Butter Raisins	Hamburger Bun (Pizza Bun) Spaghetti Sauce & Cheese	Toast Milk	Toast Peanut Butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk CN or HM Corn Dogs Corn Apples Breeding	Milk Chicken Broccoli Bananas 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	Muffin Milk	Yogurt Graham crackers	Crackers Mixed Fruit	Bananas Wheat 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 Carrots Bananas Crackers	Milk Meatballs Broccoli Spaghetti Sauce Pasta	Milk Ham & Cheese Omelet Corn Apples Toast	Milk HM Chicken Soup Celery Pineapple Wild Rice	Milk CN or HM Corn Dogs Broccoli Oranges Breeding

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese milk yogurt	Cheese Cottage Cheese Milk String Cheese Yogurt	Cheese Milk	Cheese Milk Yogurt	Cheese Milk Cottage Cheese Yogurt
MEAT	Bean Burritos (CN or HM) Eggs Ground Beef Hamburgers Tuna Turkey	Bologna Eggs Ground Beef Ham Hamburger Sausage (100% meat) Tuna Turkey	Cheese Pizza (CN or HM) Chicken Eggs Ham Hot dogs (100% meat) Tuna	Eggs Fish (store bought) Ground Beef Hamburger Hot Dogs (100% meat) Sausage (100% meal) Turkey	Cheese Pizza (CN or HM) Chicken Corn Dogs (CN or HM) Eggs Ham Hamburger Meatballs Sausage (100% meat)
FRUITS & VEGETABLES	100% juice Apples Applesauce Bananas Beets Broccoli Celery Corn Cucumbers Grapes French Fries Fruit cocktail Kiwi Lettuce Oranges Peaches Potatoes Sweet Potatoes Raisins Squash Tomatoes	100% Juice Apples Avocado Bananas Broccoli Carrots / Celery Cauliflower Fruit Cocktail Grapes Grapefruit Green beans Melon Mixed Fruit Peaches Potatoes Strawberries Tomatoes Tomato Sauce	100% Juice Apples Bananas Cabbage Carrots Cauliflower Celery Chow Mein Veggies Green Beans Lettuce Mixed Fruit Peaches Pineapple Potatoes Tangerines	100% Juice Apples Applesauce Baked Beans Bananas Carrots Celery Corn Grapefruit Green Beans Kiwi Navy beans Oranges Potatoes Squash Tomato Soup	100% Juice Apples Applesauce Bananas Broccoli Cabbage Carrots Celery Corn Mixed Fruit Oranges Peaches Pineapple Potatoes Raisins Spaghetti Sauce Split Pea Soup Squash
BREAD & CEREALS	Bread / Bread Sticks Bun Cereal Hot/ Cold English muffins Muffins Pancakes Quick bread Rice / Brown/ Wild Tortilla Waffles	Bagel Biscuits Bread Buns Cereal Hot Cereal Muffins Pancakes Pita Bread Rolls	Bread Cereal Hot Cereal Hot dog Buns Muffins Noodles Pizza Crust Rice / Brown Waffles	Bread Bread Dressing Buns Cereal Hot Cereal Hot dog Buns Macaroni Pancakes Quick Bread Rice / White & Wild	Bread Bread sticks Cereal Hamburger Buns Muffins Pancakes Pasta Pizza Crust Rice / Brown / Wild
STAPLES & MISC.	Wheat Crackers Peanut butter Rice cakes	Crackers/ Wheat Graham Crackers Peanut Butter	Crackers/ Wheat Peanut Butter	Crackers / Wheat Peanut Butter	Crackers / Wheat Graham 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