

## October 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:

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

### At least one serving of whole-grain rich per day

Week 1		Sunday Sept 27	Monday Sept 28	Tuesday Sept 29	Wednesday Sept 30	Thursday Oct 1	Friday Oct 2	Saturday Oct 3
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100 % Juice Muffin	Milk Bananas Cereal	Milk Yogurt Raspberries	Milk Potatoes sausage 100% meat	Milk 100% Juice Pancakes	Milk 100% juice Cereal	Milk Bananas Pancakes
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Peanut butter Celery & Raisins (ants on a log)	Hard boiled egg Toast	Rice cakes Yogurt	Crackers Peanut butter	Cinnamon toast Milk	Toast Peanut butter
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Turkey Squash Potatoes Bread	Milk CN or HM Bean burritos Corn Melon Tortilla	Milk HM turkey Wild rice soup Celery Fruit cocktail Wild rice	Milk Taco (ground beef & cheese) Lettuce Tomato slices Tortilla	Milk Egg salad Green Beans Apples Bread	Milk Peanut butter sandwich Tomato soup Banana & Yogurt Bread	Milk Hamburger Tomato slices French fries Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Rice cakes 100% juice	Tortilla Cheese	Crackers Milk	Toast Bananas	Pancakes Milk	Rice cakes Cheese
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Grilled turkey and cheese Broccoli Mixed Fruit Bread	Milk Hamburgers Squash Apples Bun	Milk Sausage 100 % Meat Broccoli Melson Pancakes	Milk Turkey sandwich Corn Applesauce Bread	Milk Ground beef casserole Broccoli Tomato slices Brown rice	Milk French toast (1 egg/child) Potatoes Fruit cocktail Bread	Milk CN or HM Bean burrito Tomato slices Apple 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 4	Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9	Saturday Oct 10
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Grapes Hot Cereal	Milk 100% Juice Toast	Milk Potatoes Scrambled eggs	Milk Peaches Ham	Milk Grapes Toast	Milk Bananas Pancakes	Milk Grapes Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Applesauce Graham Crackers	String Cheese HM baked Apple chips w/cinnamon	Avocado Crackers	Fried Egg Sandwich Toast	Milk Cereal	Grapes Toast	Peanut butter Carrots & Celery
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Egg Salad Green Beans Peaches Bread	Milk Hamburgers Sweet potato fries Banana Buns	Milk Tuna sandwich Cauliflower Fruit Cocktail Bread	Milk Chicken Broccoli Apple Bread	Milk Grilled Cheese Tomato Soup Celery w/ peanut butter Bread	Milk Chicken Cauliflower Fruit Cocktail Rolls	Milk Sausage (100% meat) Greens beans Apple Buns
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut Butter Crackers	Peaches Biscuits	Milk Toast	100% Juice Biscuits	Apples Crackers	String Cheese Crackers	100% Juice Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Cauliflower Sweet potato fries Buns	Milk Grilled Cheese Green beans Apples w/ Peanut butter Bread	Milk Ham Baked Potatoes Broccoli Rolls	Milk Tuna Salad Green beans Banana Pasta	Milk Sausage (100% meat) Broccoli Peaches Bun	Milk Sloppy Joes (ground beef) Tomato sauce Apples Bun	Milk Tuna Hotdish Broccoli Fruit Cocktail Bread

Week 3		Sunday Oct 11	Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16	Saturday Oct 17
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pears Waffles	Milk Bananas Ham	Milk Apples Toast	Milk 100% Juice Waffles	Milk Pears Yogurt	Milk Bananas Hot Cereal	Milk Potatoes Eggs
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut butter	Cauliflower & Carrot sticks Cottage cheese	Bananas Yogurt	Cereal Milk	Apples Peanut Butter	Toast 100% Juice	Cottage Cheese Mixed Fruit
<b>Lunch</b>	*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 Tuna & Cheese sandwiches Green beans Mixed Fruit Bread	Milk HM Chicken Noodle soup Carrots Tangerines Noodles	Milk CN or HM Cheese Pizza Peas Apples w/ Peanut butter Pizza Crust	Milk Ham & Cheese Sandwich Lettuce Salad Apples Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Cold Cereal Milk	Toast Cottage Cheese	Carrots Crackers	Hot dog (100% meat) Hot dog bun	Hard boiled egg Crackers	Peanut Butter celery
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Peas Tangerines Bread	Milk CN or HM Cheese pizza Carrots Bananas w/ yogurt Crust	Milk HM Chicken noodle soup Lettuce salad Pineapple Noodles	Milk French toast (1 egg/child) Potatoes Apples Bread	Milk Grilled Ham & Cheese Sandwich Celery Mixed fruit Bread	Milk Hot dogs (all meat) Potatoes Tangerines Bun	Milk Chicken Green Beans Mixed fruit Brown Rice

Week 4		Sunday Oct 18	Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23	Saturday Oct 24
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Quick Bread	Milk Kiwi Pancakes	Milk Bananas Yogurt	Milk Oranges Sausage (all meat)	Milk Potatoes Eggs	Milk 100% Juice Hot Cereal	Milk Oranges Cereal
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Cheese Wheat Crackers	Toast Milk	Yogurt Dip Carrots & celery	Applesauce Cinnamon Toast	Apple Peanut Butter	Rice w/ Cinnamon Milk
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Baked beans Kiwi Bun	Milk Meatloaf Sweet Potatoes Apples Bread	Milk Fish (Store bought) Corn Apples Brown Rice	Milk Hamburger Chili Navy Beans Kiwi Crackers	Milk Turkey Squash Bananas Bread Dressing	Milk Grilled Cheese Tomato Soup Bananas w/ Yogurt Bread	Milk Scrambled Eggs Potatoes Applesauce Toast
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Yogurt	Quick bread Milk	Cereal Milk	Applesauce Graham Crackers	Hot Cereal Milk	Deviled eggs Crackers	Celery stick Crackers
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (Store bought) Corn Applesauce Brown rice	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 Carrot sticks Apples w/PB Macaroni	Milk Chili Dogs (all meat) Potatoes Kiwi Buns	Milk Hamburgers Baked Beans Apples Bun

Week 5		Sunday Oct 25	Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30	Saturday Oct 31
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pineapple Toast	Milk 100% Juice Muffin	Milk Pineapple Ham	Milk Potatoes Scrambled Eggs	Milk Bananas Cereal	Milk 100% Juice Pancakes	Milk Banana 100% all meat sausage
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Bread sticks Dipped in Spaghetti sauce	Celery Peanut Butter Raisins (ants on a log)	String Cheese Crackers	Toast Milk	Toast String Cheese
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Carrots Apples Brown Rice	Milk CN or HM Corn Dogs Corn Apples Breading	Milk Chicken Broccoli Grapes Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Carrots & celery Pineapple Bread Sticks	Milk CN or HM Cheese Pizza Cabbage Salad Bananas Crust	Milk Hamburger Corn Apples Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Yogurt Graham crackers	Crackers Cottage Cheese	Bananas Wheat crackers	Grapes Toast	Apples Peanut Butter	Cereal Milk
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Cabbage Salad Bananas Bun	Milk Ham Cabbage Salad Grapes Pasta	Milk Split Pea Soup Carrot sticks Bananas Bread Sticks	Milk Meatballs CN / HM Broccoli Spaghetti Sauce Pasta	Milk Ham & Cheese Omelet Corn Apples Toast	Milk HM Chicken Soup Celery Pineapple Brown Rice	Milk CN or HM Corn Dogs Broccoli Grapes Breading

## Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>DAIRY</b>	Cheese milk yogurt	Cheese Milk	Cheese Cottage Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage Cheese String Cheese Yogurt
<b>MEAT</b>	Bean Burritos (CN or HM) Eggs Ground Beef Hamburgers Sausage (1000% meat) Turkey	Eggs Chicken Ground Beef Ham Hamburger Sausage (100% meat) Tuna	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 (CN or HM) Sausage (100% meat)
<b>FRUITS &amp; VEGETABLES</b>	100% juice Apples Applesauce Bananas Broccoli Celery Corn Green Beans French Fries Fruit cocktail Lettuce Melon Mixed Fruit Potatoes Raisins Raspberry Squash Tomatoes Tomato Soup	100% Juice Apples Applesauce Avocado Bananas Broccoli Carrots / Celery Cauliflower Fruit Cocktail Grapes Green beans Peaches Potatoes Sweet Potatoes Tomato Soup Tomato Sauce	100% Juice Apples Bananas Carrots Cauliflower Celery Chow Mein Veggies Green Beans Lettuce Mixed Fruit Peas Pears Pineapple Potatoes Tangerines	100% Juice Apples Applesauce Baked Beans Bananas Carrots Celery Corn Kiwi Navy beans Oranges Potatoes Sweet Potatoes Squash Tomato Soup	100% Juice Apples Applesauce Bananas Broccoli Carrots Celery Corn Grapes Pineapple Potatoes Raisins Spaghetti Sauce Split Pea Soup
<b>BREAD &amp; CEREALS</b>	Bread / Bread Sticks Bun Cereal Hot/ Cold Muffins Pancakes Rice / Brown/ Wild Tortilla	Bread Buns Cereal Hot Cereal Pancakes Pasta 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 & Brown	Bread Bread sticks Cereal Hamburger Buns Muffins Pancakes Pizza Crust Rice / Brown / Wild
<b>STAPLES &amp; MISC.</b>	Crackers Peanut butter Rice cakes	Crackers Graham Crackers Peanut Butter	Crackers Peanut Butter	Crackers Graham crackers Peanut Butter Wheat crackers	Crackers Graham Crackers Wheat crackers Peanut Butter

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

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**