

October 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:

At least one serving of whole-grain rich per day

Week 1		Sunday Sept 26	Monday Sept 27	Tuesday Sept 28	Wednesday Sept 29	Thursday Sept 30	Friday Oct 1	Saturday Oct 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% juice Pancakes	Milk Bananas Cereal	Milk Yogurt Melon	Milk Potatoes Sausage (100% meat)	Milk Banana Pancakes	Milk Melon Cereal	Milk Bananas Scrambled Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Peanut butter Celery & Raisins (Ants on a log	Hardboiled egg Toast	Rice cakes Yogurt	Crackers Peanut butter	Cinnamon toast Milk	Toast Peanut butter
Lunch	*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 soup Celery Fruit cocktail Bread Sticks	Milk Taco's (ground beef & cheese) Lettuce Tomato slices Tortilla	Milk Egg salad sandwich Green Beans Apples Bun	Milk Peanut butter sandwich Tomato soup Banana & Yogurt Bread	Milk Hamburger Tomato slices French fries Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Rice cakes 100% juice	Tortilla Cheese	Crackers Milk	Cereal Milk	Bread Sticks Applesauce	Rice cakes Cheese
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Yogurt Broccoli Mixed Fruit Bread Sticks	Milk Hamburgers Squash Apple Bun	Milk Sausage (100% Meat) Broccoli Melon Pancakes	Milk Turkey sandwich Corn Applesauce Bread	Milk Ground beef casserole Broccoli Tomato slices Noodles	Milk French toast (1 egg/child) Potatoes Fruit cocktail Bread	Milk CN or HM Bean burrito Tomato slices 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.

Week 2		Sunday Oct 3	Monday Oct 4	Tuesday Oct 5	Wednesday Oct 6	Thursday Oct 7	Friday Oct 8	Saturday Oct 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Hot Cereal	Milk 100% Juice Toast	Milk Potatoes Scrambled eggs	Milk Peaches Ham	Milk Applesauce Toast	Milk Bananas Pancakes	Milk 100% Juice Hot Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Applesauce Crackers	String Cheese Apple	Avocado Crackers	Fried Egg Sandwich Bread	Milk Cereal	Milk Toast	Peanut butter Carrots & Celery
Lunch	*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 Potatoes Fruit Cocktail Rolls	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 Crackers	Peaches Biscuits	Milk Toast	100% Juice Biscuits	Apples Crackers	String Cheese Crackers	Bananas Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Cauliflower Sweet potato fries Buns	Milk Grilled Cheese Green beans Apple's w/ Peanut butter Bread	Milk Ham Baked Potatoes Broccoli Rolls	Milk Tuna Hotdish Green beans Banana Noodles	Milk Sausage (100% meat) Broccoli Peaches Bun	Milk Grilled Ham & Cheese Sandwich Carrots Apples Bread	Milk Tuna Hotdish Broccoli Fruit Cocktail Bread

Week 3		Sunday Oct 10	Monday Oct 11	Tuesday Oct 12	Wednesday Oct 13	Thursday Oct 14	Friday Oct 15	Saturday Oct 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Applesauce Waffles	Milk Potatoes Ham	Milk Apples Toast	Milk 100% Juice Pancakes	Milk Pineapple Yogurt	Milk Bananas Cereal	Milk Potatoes Scrambled Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Mixed Fruit Cottage Cheese	Muffins Milk	Crackers Yogurt	Cereal Milk	Apples Peanut Butter	Toast 100% Juice	Cottage Cheese Pineapple
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 Tuna & Cheese sandwiches Green beans Mixed Fruit Bread	Milk HM Chicken Noodle soup Carrots Tangerines Noodles	Milk CN or HM Cheese Pizza Peas Apple's w/ Peanut butter Pizza Crust	Milk Grilled Ham & Cheese Sandwich Tomato Soup Apples Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Cold Cereal Milk	Fruit Cocktail Cottage Cheese	Carrots Crackers	Hot dog (100% meat) Hot dog bun	Hardboiled egg Crackers	Toast 100% Juice
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Peas Potatoes Bread	Milk CN or HM Cheese pizza Carrots Banana's w/ yogurt Pizza Crust	Milk HM Chicken noodle soup Lettuce salad Pineapple Noodles	Milk French toast (1 egg/child) Potatoes Applesauce Bread	Milk Grilled Ham & Cheese Sandwich Cauliflower Mixed fruit Bread	Milk Hot dogs (All meat) Potatoes Tangerines Bun	Milk Chicken Stir Fry Mixed Vegetables Mixed fruit Brown Rice

Week 4		Sunday Oct 17	Monday Oct 18	Tuesday Oct 19	Wednesday Oct 20	Thursday Oct 21	Friday Oct 22	Saturday Oct 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Quick Bread	Milk Kiwi Pancakes	Milk Bananas Yogurt	Milk Oranges Toast	Milk Potatoes Eggs	Milk 100% Juice Hot Cereal	Milk Oranges Cereal
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Cheese Crackers	Toast Milk	Yogurt Dip Carrots & celery	Applesauce Cinnamon Toast	Apple Peanut Butter	Rice w/ Cinnamon Milk
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Baked beans Bananas Bun	Milk Meatloaf Sweet Potatoes Applesauce Bread	Milk Fish (Store bought) Carrots Apples Brown Rice	Milk Hamburger Chili Navy Beans Kiwi Crackers	Milk Turkey Squash Bananas Bread Dressing	Milk Grilled Cheese Tomato Soup Banana's w/ Yogurt Bread	Milk Scrambled Eggs Potatoes Applesauce Toast
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Yogurt	Quick bread Milk	Cereal Milk	Applesauce Crackers	Hot Cereal Milk	Deviled eggs Crackers	Carrot & Celery sticks Crackers
Supper	*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 24	Monday Oct 25	Tuesday Oct 26	Wednesday Oct 27	Thursday Oct 28	Friday Oct 29	Saturday Oct 30
Breakfast	*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 Cereal
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 (Ants on a log)	Cheese Crackers	Pretzels Hard/ Soft Milk	Toast Peanut Butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Broccoli Apples Brown Rice	Milk CN or HM Corn Dogs Corn Apples Breading	Milk Chicken Broccoli Cranberry Sauce /Whole Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Ham & Cheese Omelet Broccoli Apples Toast	Milk CN or HM Meatballs Cabbage Salad Spaghetti sauce Pasta	Milk Hamburger Hotdish Corn Apples Noodles
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Yogurt Crackers	Crackers Cottage Cheese	Bananas Crackers	Mixed Fruit Pretzels Hard/Soft	Apples Peanut Butter	Cracker Yogurt
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Cabbage Salad Potatoes Rolls	Milk Chicken Hotdish Cabbage Salad Cranberry Sauce/ Whole Noodles	Milk Split Pea Soup Carrot sticks Bananas Bread Sticks	Milk Meatballs CN / HM Broccoli Spaghetti Sauce Pasta	Milk Cottage Cheese Carrots & celery Pineapple Bread Sticks	Milk HM Chicken Rice Soup Celery Pineapple Brown Rice	Milk CN or HM Corn Dogs Broccoli Mixed Fruit Breading

Shopping List

	Week 1 Oct 1 & 2nd in bold	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Milk Yogurt	Cheese Milk String Cheese	Cheese Cottage Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage Cheese String Cheese Yogurt
MEAT	Bean Burritos (CN or HM) Eggs Ground Beef Hamburgers Sausage (1000% meat) Turkey	Eggs Chicken Ham Hamburgers 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 Ground Beef Meatballs (CN or HM)
FRUITS & VEGETABLES	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 Green beans Peaches Potatoes Sweet Potatoes Tomato Soup Tomato Sauce	100% Juice Apples Applesauce Bananas Carrots Cauliflower Chow Mein Veggies Fruit Cocktail Green Beans Lettuce Mixed Fruit Mixed Vegetables Peas Pineapple Potatoes Tangerines Tomato Soup	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 Cabbage Carrots Celery Corn Cranberry Sauce (Whole) Mixed Fruit Pineapple Potatoes Raisins Spaghetti Sauce Split Pea Soup
BREAD & CEREALS	Bread / Bread Sticks Bun Cereal Hot/ Cold Muffins Pancakes Rice / Brown Tortilla	Bread Biscuits Buns Cereal Hot Cereal Pancakes Pasta / Noodles Rolls	Bread Cereal Hot dog Buns Muffins Noodles Pancakes 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 Pasta/ Noodles Rolls Rice / Brown
STAPLES & MISC.	Crackers Peanut butter Rice cakes	Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter Pretzels Hard/Soft

Oct. 31st: Breakfast: Milk, Toast, Bananas; Am snack: Apples, Mixed nuts, Milk; Lunch Milk, Meatloaf, Squash, Potatoes, Bread; Pm snack: Cheese, Crackers; Supper: Milk, Chicken, Lettuce Salad, Fruit Salad, Bread Sticks.

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