

September 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 grains per day must be whole-grain rich.

Week 1		Sunday August 29th	Monday August 30th	Tuesday August 31	Wednesday Sept.1	Thursday Sept.2	Friday Sept. 3	Saturday Sept. 4
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Cantaloupe Scrambled Eggs	Milk Peaches Ham	Milk Blueberries Cereal	Milk Cantaloupe Toast	Milk Peaches Cereal	Milk 100% Juice Toast	Milk Banana English muffins
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Cottage cheese Cherry Tomatoes	English muffin Peanut Butter	Cereal Milk	(Fruit Pizza) Mixed Fruit Pizza crust	Milk Mixed Nuts Dried Fruit (raisins, cranberries)	(Fruit Pizza) Mixed Fruit Pizza crust
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Green beans Watermelon Pasta Salad	Milk Chicken salad Sandwich Cucumbers Cantaloupe Bread	Milk Hot dogs (all meat) Corn Banana Bun	Milk Eggs Potatoes Raspberries Waffles	Milk Fish (Store bought) Green beans Potatoes Bread sticks	Milk Ham/Cheese Sandwich Celery Apples Buns	Milk Chicken Broccoli Melon Roll
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cucumber slices Crackers	Crackers Raspberries	Graham crackers Milk	Carrots & Celery sticks Peanut Butter	Crackers Cottage cheese	Toast Peanut Butter	Milk Mixed Nuts Dried Fruit (raisins, cranberries)
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Fish (Store bought) Corn Potatoes Bread	Milk Eggs Broccoli Peaches Waffles	Milk Tuna Salad Carrots Apples Pasta	Milk Chicken Lettuce salad Blueberries Roll	Milk Ham Broccoli Watermelon Bread	Milk Cottage cheese Green beans w/almonds Peaches Bread sticks	Milk French toast (1 egg per child) Green beans Raspberries 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 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Waffles	Milk Melon Cereal	Milk Banana Eggs	Milk Potatoes Sausage (100% Meat)	Milk Peaches Cereal	Milk Grapes Toast	Milk 100% Juice Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Sliced Cucumbers Crackers	Blueberries Toast	Pretzels (hard/soft) 100% juice	Mixed Fruit & Cubed Cheese Kabobs	Carrots & Celery Peanut Butter	Cheese Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage Cheese Mixed Vegetables Watermelon Crackers	Milk Turkey & Cheese sandwich Lettuce salad Bananas Bread	Milk CN or HM Cheese pizza Corn Apple's w/Peanut Butter Pizza Crust	Milk Tacos (ground beef & cheese) Lettuce Tomatoes Taco shell	Milk Tuna Salad Peas Pears Pasta	Milk (Ground Beef) Taco Salad Lettuce Watermelon Tortilla Chips	Milk Ground Beef (sloppy Joes) French Fries Carrots & Celery sticks Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast 100% juice	Pretzels (hard/soft) Grapes	Crackers Cottage Cheese	Mixed Fruit & Cubed Cheese Kabobs	Cheese Taco shells (broken)	Mixed Fruit Crackers	Milk Toast
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Turkey Squash Pears Bread	Milk Meatballs Hm/CN Green Beans Peaches Pasta	Milk Meatloaf Potatoes Squash Roll	Milk Tuna salad w/ Cheese Peas Grapes Pasta	Milk Cheeseburger French fries Watermelon Bun	Milk Ground Beef (Sloppy Joes) Green Beans Peaches Bun	Milk Sausage (100% Meat) Corn Apples Buns
Week 3		Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Blueberries Cheese Omelet	Milk Raspberries Cereal	Milk Banana Toast	Milk Potatoes Eggs	Milk Grapes Cereal	Milk Banana Quick bread	Milk Mixed Fruit Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut Butter	Cottage Cheese Toast	Quick breads Milk	100% Juice Toast	Crackers Carrot sticks	Milk Cereal	Sliced Cucumbers Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast beef Potatoes Green beans Rolls	Milk Eggs Broccoli Blueberries Pancakes	Milk Chicken Baked beans Watermelon Bread	Milk Hot dogs (All meat) Peas Grapes* Bun	Milk Chicken salad Green beans Melon Bread	Milk CN or HM Sausage/Cheese Pizza Cucumbers Mixed Fruit Crust	Milk Tuna sandwich Broccoli Fruit Cocktail Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Cheese Crackers	Yogurt Crackers	Broccoli & Cauliflower Yogurt dip	Apples Cheese	Yogurt Bread sticks	Apple Slices Peanut Butter
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cottage cheese Broccoli Raspberries Bread stick	Milk Roast beef sandwich Peas Bananas Bread	Milk Grilled cheese Cauliflower Apple's w/Peanut Butter Bread	Milk CN or HM Sausage/Cheese Pizza Carrots Mixed fruit Pizza Crust	Milk Cheese omelet Potatoes Blueberries Toast	Milk Tuna Salad Peas Fruit Cocktail Macaroni	Milk Hot dogs (All meat) Cauliflower Mixed fruit Buns

Week 4		Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Eggs Potatoes	Milk Peaches Muffins	Milk Banana Cereal	Milk Pears Ham	Milk 100 % Juice Toast	Milk Peaches English muffin	Milk Bananas Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Toast Peanut butter	Hard Boiled Egg Toast	Bananas Crackers	HM Trail mix (Nuts, raisins, cheerios) Milk	Celery Peanut butter	Egg Salad on Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork Roast Coleslaw Sweet Potatoes Rolls	Milk BQ pulled Pork' sandwiches Green beans Apples Buns	Milk Grilled cheese Tomato soup Celery w/ Peanut butter Bread	Milk Meatloaf Potatoes Squash Bread	Milk Eggs Potatoes Mixed Fruit English Muffin	Milk Meatloaf Sandwich Sweet Potato Fries Apples Buns	Milk Hamburgers Carrots/celery sticks Pears Buns
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffins 100% Juice	Animal Crackers Milk	HM Trail mix (Nuts, raisins, cheerios) Milk	Cheese Apple slices	Ham & Cheese rollups Milk	Crackers 100% Juice	English Muffins Hard cheese
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Green beans Pears Brown rice	Milk Cheeseburgers Sweet Potato Fries Coleslaw Bun	Milk Ham Squash Apples Bread	Milk Hot dogs (All meat) Carrots Mixed Fruit Bun	Milk HM Chicken & rice soup Lettuce salad Apples Brown Rice	Milk Ham & Cheese sandwich Tomato soup Bananas Bread	Milk Peanut butter sandwich Green beans w/almonds Mixed fruit Bread
Week 5		Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30th	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

Shopping List

	Week 1 Sept 1st-4th	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Cottage Cheese Milk	Cheese Cottage Cheese Milk	Cheese Cottage cheese Milk Yogurt	Cheese Milk	Cheese Milk Yogurt
MEAT	Chicken Eggs Fish (store bought) Ham Hamburgers	Cheese pizza (cn or hm) Eggs Sausage (100% meat) Ground beef Hamburger Meatballs HM/CN Tuna Turkey	Cheese pizza (cn or hm) Chicken Eggs Hot dogs (all meat) Roast beef Sausage (100% Meat for Pizza)	Chicken Eggs Ground beef Ham Hamburgers Hot dogs (all meat) Pork Roast Pulled Pork	Eggs Sausage (100% meat) Ground beef Hamburger Refried beans Turkey
FRUITS & VEGETABLES	100% Juice Apples Bananas Broccoli Blueberries Carrots Celery Green beans Lettuce Melon – Any Kind Peaches Potatoes Raspberries	100% juice Apples Bananas Blueberries Carrots Celery Corn Cucumbers Grapes Green beans French fries Lettuce Melon – Any Kind Pears Peas Peaches Potatoes Squash Tomatoes	100% juice Apples Baked beans Bananas Blueberries Broccoli Carrots Cauliflower Cucumbers Fruit Cocktail Grapes* Green beans Melon – Any Kind Mixed fruit Peas Potatoes Raspberries	100% juice Apples Bananas Cabbage Carrots Celery Lettuce Mixed fruit Green beans Peaches Pears Potatoes Raisins Sweet Potatoes Squash Tomato soup	100% juice Applesauce Bananas Broccoli Celery Corn French fries Fruit cocktail Lettuce Melon – Any Kind Mixed Fruit Potatoes Raisins Raspberries Squash Tomato soup Tomatoes
BREAD & CEREALS	Bread Bread Sticks Buns/rolls Cereal Pizza Crust Waffles	Bread Hamburger buns Cereal Pasta Rolls Taco shells Tortilla Chips Waffles	Bread Bread sticks Hot dog buns Cereal Macaroni Pancakes Quick bread Rolls	Bread Cereal English Muffins Hamburger buns Hot dog buns Muffins Rice (Brown) Rolls Cheerios	Bread Sticks Cereal Bread Cereal Hamburger buns Noodles Pancakes Rice (brown & wild) Tortilla
STAPLES & MISC.	Almond slivers Crackers Raisins Peanut Butter Nuts	Crackers Peanut butter Pretzels	Crackers Peanut butter Graham crackers	Almond slivers /nuts Crackers Peanut butter	Crackers Peanut butter Rice cakes

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Combination foods must be CN labeled or Homemade (HM) to credit. Remember to record HM or CN on E-Z menu form when making menu substitutions. 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