

# September 2022 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:

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**At least one serving of grains per day must be whole-grain rich.**

Week 1		Sunday August 28th	Monday August 29th	Tuesday August 30th	Wednesday August.31st	Thursday Sept.1	Friday Sept. 2	Saturday Sept. 3
<b>Breakfast</b>	*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
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Yogurt Blueberries	English muffin Peanut Butter	Graham crackers Milk	(Fruit Pizza) Mixed Fruit Pizza crust	Milk Mixed Nuts Dried Fruit (raisins, cranberries)	(Fruit Pizza) Mixed Fruit Pizza crust
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Green beans Watermelon Pasta Salad	Milk Scrambled Eggs Broccoli Raspberries Toast	Milk Sausage ( all meat) Corn Potatoes Bun	Milk Chicken Lettuce salad Blueberries Roll	Milk Ham/Cheese Sandwich Tomatoes Apples Buns	Milk Chicken Broccoli Melon Buns	Milk Hamburgers Green Beans Raspberries Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Carrot Sticks Crackers	Graham crackers Milk	Crackers Raspberries	Carrots & Celery sticks Peanut Butter	Crackers Cottage cheese	Apples Peanut Butter	Milk Mixed Nuts Dried Fruit (raisins, cranberries)
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken salad Sandwich Cucumbers Tomatoes Bread	Milk Sausage (All Meat) Carrots Potatoes Bread	Milk Tuna Salad Carrots Apples Pasta	Milk Eggs Potatoes Raspberries Waffles	Milk Hamburgers Broccoli Watermelon Bread	Milk Cottage cheese Green beans w/almonds Peaches Bread sticks	Milk Chicken Salad Sandwich Broccoli Melon Bun

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 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Waffles	Milk Melon Cereal	Milk Blueberries Scrambled Eggs	Milk Potatoes Sausage (100% Meat)	Milk Pears Hot Cereal	Milk Grapes Toast	Milk 100% Juice Pancakes
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Grapes Crackers	Bananas Toast	Pretzels (hard/soft) 100% juice	Mixed Fruit & Cubed Cheese Kabobs	Carrots & Celery Peanut Butter	Melon Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Tuna salad w/ Cheese Peas Grapes Pasta	Milk Scrambles eggs Potatoes Blueberries Bread	Milk Pork Lion Potatoes Squash Roll	Milk Ground Beef (sloppy joes) French Fries Green Beans Bun	Milk Meatballs Hm/CN Carrots Mixed Fruit Pasta	Milk Ham & Cheese Pizza (Cn or Hm) Lettuce Salad Melon Pizza Crust	Milk Chicken sandwich Tomatoes Peas Bun
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers 100% juice	Pretzels (hard/soft) Milk	Apples Cheese	Mixed Fruit & Cubed Cheese Kabobs	Milk Toast	Bananas Crackers	Milk Cereal
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Pork Loin Summer Squash Pears Bread	Milk Meatballs Hm/CN Carrots Mixed Fruit Pasta	Milk Ground Beef (sloppy joes) French Fries Carrots & Celery sticks Bun	Milk Ham Peas Potatoes Rolls	Milk Ham & cheese Pizza (Cn or Hm) Corn Melon Pizza crust	Milk Tuna Sandwich Celery sticks Apples Bun	Milk Sausage (100% meat) Corn Apples Buns
Week 3		Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
<b>Breakfast</b>	*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 Grapes Toast
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Peanut Butter	Cottage Cheese Toast	Quick breads Milk	100% Juice Toast	Crackers Carrot sticks / Cucumber Slices	Pretzels (hard/soft) 100% juice	Sliced Cucumbers Crackers
<b>Lunch</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Roast beef Potatoes Carrots 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 Raspberries Bread	Milk CN or HM Sausage/Cheese Pizza Cucumbers Watermelon Crust	Milk Tuna sandwich Broccoli Bananas Bread
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Pretzels (hard/soft) 100% juice	Cheese Crackers	Yogurt Crackers	Broccoli & Cauliflower Yogurt dip	Apples Cheese	Yogurt Bread sticks	Apple Slices Peanut Butter
<b>Supper</b>	*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 Apples Macaroni	Milk Hot dogs (All meat) Cauliflower Mixed fruit Buns

Week 4		Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Eggs Potatoes	Milk Cantaloupe Muffins	Milk Banana Cereal	Milk Mixed Fruit Ham	Milk Cantaloupe Toast	Milk Grapes English muffin	Milk Bananas Toast
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Cereal	Toast Peanut butter	Hard Boiled Egg Toast	Yogurt Animal Crackers	HM Trail mix (Nuts, raisins, cheerios) Milk	Celery Peanut butter	Egg Salad on Crackers
<b>Lunch</b>	*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 Scrambled Eggs Potatoes Mixed Fruit English Muffin	Milk Meatloaf Sandwich Sweet Potato Fries Apples Buns	Milk Hamburgers Carrots/celery sticks Lettuce salad Buns
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffins 100% Juice	Animal Crackers Yogurt	HM Trail mix (Nuts, raisins, cheerios) Milk	Cheese Apple slices	Ham & Cheese rollups Milk	Crackers Yogurt	English Muffins Hard cheese
<b>Supper</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Green beans Mixed Fruit Brown rice	Milk Cheeseburgers Sweet Potato Fries Coleslaw Bun	Milk Ham Squash Apples Bread	Milk Chicken salad sandwich Carrots Grapes 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 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday Oct 1
<b>Breakfast</b>	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% juice Pancakes	Milk Bananas Toast	Milk Yogurt Melon	Milk Potatoes Sausage (100% meat)	Milk Banana Pancakes	Milk Melon Cereal	Milk Bananas Scrambled Eggs
<b>AM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Peanut butter Apples	Hardboiled egg Toast	Bagel Yogurt	Crackers Peanut butter	Cinnamon toast Milk	Toast Applesauce
<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 noodle soup Celery Fruit salad 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 Taco salad (ground beef & cheese) Tomato slices Lettuce Crackers
<b>PM Snack</b>	<b>Serve 2 of the following:</b> *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Cereal Milk	Bagel 100% juice	Tortilla Cheese	Crackers Fruit salad	Cereal Milk	Bread Sticks Applesauce	Pretzels soft/hard Yogurt
<b>Supper</b>	*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 Mixed Fruit Bread	Milk CN or HM Bean burrito Tomato slices Apples Tortilla

## Shopping List

	<b><u>Week 1</u></b> <b><u>Bold/underlined</u></b> <b><u>for 9/1-9/3</u></b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>DAIRY</b>	<u>Cheese</u> <u>Cottage Cheese</u> <u>Milk</u>	Cheese Milk	Cheese Cottage cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Yogurt
<b>MEAT</b>	<u>Chicken</u> Eggs Fish (store bought) <u>Ham</u> <u>Hamburgers</u>	Cheese pizza (cn or hm) Eggs Ham Sausage (100% meat) Ground beef Meatballs HM/CN Pork Loin Tuna	Cheese pizza (cn or hm) Chicken Eggs Hot dogs (all meat) Roast beef Sausage (100% Meat for Pizza) Tuna	Chicken Eggs Ground beef Ham Hamburgers Pork Roast Pulled Pork	Eggs Sausage (100% meat) Ground beef Hamburger Refried beans or CN/HM Bean Burrito Turkey
<b>FRUITS &amp; VEGETABLES</b>	<u>100% Juice</u> <u>Apples</u> <u>Bananas</u> <u>Broccoli</u> Blueberries Carrots Celery <u>Green beans</u> Lettuce <u>Melon – Any Kind</u> <u>Mixed fruit</u> <u>Peaches</u> Potatoes <u>Raspberries</u> <u>Tomatoes</u>	100% juice Apples Bananas Blueberries Carrots Celery Corn Grapes Green beans French fries Lettuce Melon – Any Kind Pears Peas Potatoes Squash Tomatoes	100% juice Apples Baked beans Bananas Blueberries Broccoli Carrots Cauliflower Cucumbers Grapes* Green beans Melon – Any Kind Peas Potatoes Raspberries	100% juice Apples Bananas Cabbage Cantaloupe Carrots Celery Grapes Green beans Lettuce Mixed fruit Potatoes Raisins Sweet Potatoes Squash Tomato soup	100% juice Apples Applesauce Bananas Broccoli Celery Corn French fries Lettuce Melon – Any Kind Mixed Fruit Potatoes Squash Tomato soup Tomatoes
<b>BREAD &amp; CEREALS</b>	<u>Bread</u> <u>Bread Sticks</u> <u>Buns/rolls</u> <u>Cereal</u> <u>English muffins</u> <u>Pizza Crust</u> Waffles	Bread Hamburger buns Cereal Hot cereal Pasta Pizza Crust Rolls Waffles	Bread Bread sticks Hot dog buns Cereal Macaroni Pancakes Quick bread Rolls	Bread Cereal English Muffins Hamburger buns Muffins Rice (Brown) Rolls Cheerios	Bread Sticks Cereal Bagel Bread Cereal French toast Hamburger buns Noodles Pancakes Tortilla
<b>STAPLES &amp; MISC.</b>	<u>Almond slivers</u> <u>Crackers</u> <u>Raisins/Cranberries</u> <u>Peanut Butter</u> <u>Nuts</u>	Crackers Peanut butter Pretzels (hard/soft)	Crackers Peanut butter Pretzels (hard/soft)	Almond slivers /nuts Animal crackers Crackers Peanut butter	Crackers Peanut butter Pretzels (hard/soft)

\*Grapes may pose a choking hazard for young children. Be sure to cut the grapes into small pieces if necessary. \*\*When you see melon serve any type of the melon family.

**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