

## USDA CHILD CARE FOOD PROGRAM MENU PLANNING SHEET

Provider's Signature: \_\_\_\_\_

Week Ending: \_\_\_\_\_

Provider's Name: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	Peach	Hash Brown/Eggs	Apples	Bananas	Oranges
Bread or alternate	English Muffin	Toast	Pancakes	Cereal	Oatmeal
<b>A.M. SNACK (CHOOSE TWO)</b>					
Milk				Milk	
Fruit, veg or juice	Apple slices	Graham Crackers	banana	Pears	Pears
Bread or alternate		Toast	Toast		Toast
Meat or Alternate	Cheese				
<b>LUNCH</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	Hot dog	Extra Cheese (HM) (H	Pork	Peanut Butter/Cheese S	fish sticks
Fruit or veg	French fries	Carrott Sticks	Grapes	raisin	tater tots
Fruit or veg	banana	Oranges	corn	Apples	fruit cocktail
Bread or alternate	bread	pizza (HM) bread (HM)	Bread	Bread	Roll
<b>P.M. SNACK (CHOOSE TWO)</b>					
Milk	Milk		Milk	milk	
Fruit, veg or juice					
Bread or alternate	Cookies	Crackers	Cookies	Graham crackers	Graham crackers
Meat or Alternate		Cheese			Yogurt
<b>DINNER</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	ham	Tyson Chicken Nuggets	Extra Cheese (HM)	Chicken	hot dog
Fruit or veg	banana	Oranges	Green Beans	potato	French fries
Fruit or veg	Tomato & Lettuce	raisins	grapes	Apple slices	Apples
Bread or alternate	bread	Macaroni	pizza (HM) bread (HM)	bread -n-butter	bun
<b>EVENING SNACK (CHOOSE TWO)</b>					
Milk			Milk		
Fruit, veg or juice				Bananas	Pears
Bread or alternate	crackers	crackers	Graham crackers	Graham crackers	Granola
Meat or Alternate	Cheese	Yogurt			yogurt

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	Banana	Hashbrown/Eggs	Orange Juice	Apples	Banana
Bread or alternate	Waffle	Toast	Cereal	Oatmeal	Waffle
<b>A.M. SNACK (CHOOSE TWO)</b>					
Milk		Milk		Milk	
Fruit, veg or juice	Apple Juice		Celery Stick		Fresh Strawberries
Bread or alternate	Tortilla	crackers		Cookies	Muffin
Meat or Alternate			Cheese		
<b>LUNCH</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	Hot Dog	Beans	Chicken	Ground Beef	Turkey
Fruit or veg	celery	Lettuce	grapes	French Fries	Vegetable soup
Fruit or veg	french fries	salsa (hm)	Celery	Banana	Grapes
Bread or alternate	Toast	Tortilla (Burrito)	crackers	Bun	Bread
<b>P.M. SNACK (CHOOSE TWO)</b>					
Milk	milk				
Fruit, veg or juice		Apple Juice	Apple slices		Apple juice pop
Bread or alternate	Muffin			Crackers	Crackers
Meat or Alternate		Toast	peanut butter	Cheese	
<b>DINNER</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	Cheese (extra hm)	Beef	Ground beef	Chicken	Beef Meatballs
Fruit or veg	Apples	Salad	tomato sauce	mixed vegetables	oranges
Fruit or veg	Carrots	pears	Oranges	pears	celery
Bread or alternate	Macaroni	Rice	Spaghetti	Noodles	rice
<b>EVENING SNACK (CHOOSE TWO)</b>					
Milk			Milk		Milk
Fruit, veg or juice	oranges			Grape Juice	
Bread or alternate	crackers	graham crackers	graham crackers	Crackers	Muffin
Meat or Alternate		Yogurt		Cheese	

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**Week ending:** \_\_\_\_\_

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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	Hashbrown	Apple sauce	Apples	Hashbrown	apple
Bread or alternate	Toast	Waffle	Cereal	toast	Muffin
<b>A.M. SNACK (CHOOSE TWO)</b>					
Milk				Milk	
Fruit, veg or juice	Apple juice				Pears
Bread or alternate	Muffin	Crackers	Graham crackers	Cookies	Toast
Meat or Alternate		Cheese	Yogurt		
<b>LUNCH</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	turkey	ground beef	Mac & cheese (HM)	Beef meatballs	Hot Dog
Fruit or veg	vegie soup	tomato sauce	lettuce/tomato	celery	french fries
Fruit or veg	orange	cucumber	pears	banana	lettuce
Bread or alternate	roll	spaghetti	Macaroni noodles	rice	Bun
<b>P.M. SNACK (CHOOSE TWO)</b>					
Milk		milk		Milk	Milk
Fruit, veg or juice	banana	apple	oranges	mixed fruits	banana
Bread or alternate	toast		crackers		wheat germ
Meat or Alternate					
<b>DINNER</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	cheese	fish fillet	beef	Fish Sticks	chicken nuggets
Fruit or veg	celery	poatoes	celery	banana	apples
Fruit or veg	oranges	cucumber	pears	french fried	french fries
Bread or alternate	macaroni	corn bread	rice	crackers	crackers
<b>EVENING SNACK (CHOOSE TWO)</b>					
Milk					milk
Fruit, veg or juice	fruit cup		apples	100% fruit pop (hm)	
Bread or alternate	crackers	graham crackers		crackers	cookies
Meat or Alternate		yogurt	cheese		

**USDA CHILD CARE FOOD PROGRAM MENU PLANNING SHEET**

**SAMPLE MENUS**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Fruit, veg or juice	banana	grapes	raisins	hashbrown	grapes
Bread or alternate	waffle	cereal	oatmeal	toast	toast
<b>A.M. SNACK (CHOOSE TWO)</b>					
Milk	milk		milk	milk	milk
Fruit, veg or juice		Orange Juice	apples		pears
Bread or alternate	cookies	crackers		cookies	
Meat or Alternate					
<b>LUNCH</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	turkey	ground beef	turkey	ground beef	ground beef
Fruit or veg	tossed salad	salad	celery	lettuce/tomato	celery
Fruit or veg	pears	apples	apples	kiwi	oranges
Bread or alternate	bread	spaghetti	Rice	tortilla	Rice
<b>P.M. SNACK (CHOOSE TWO)</b>					
Milk	Milk	milk			milk
Fruit, veg or juice		pears	banana	Orange Juice	fruit cups
Bread or alternate	cheez-it		toast	graham crackers	
Meat or Alternate					
<b>DINNER</b>					
Milk	MILK	MILK	MILK	MILK	MILK
Meat or Alternate	turkey	meat loaf	swiss steak	peanut butter	ground beef
Fruit or veg	oranges	greenbeans	peas	banana	tater tots
Fruit or veg	carrots	pears	pineapple	apples	apples
Bread or alternate	bread	bread	roll	bread	bun
<b>EVENING SNACK (CHOOSE TWO)</b>					
Milk	milk		milk	milk	
Fruit, veg or juice	mixed fruit		apples		pears
Bread or alternate		crackers		graham crackers	toast
Meat or Alternate		yogurt			

**\*HM = Home Made**    **NOTE:** CHICKEN/MEAT POT PIES AND MACARONI & CHEESE. ONLY HOME MADE (or meat added) ACCEPTABLE. The store bought pies do not have adequate meat and vegetables. Package macaroni & cheese does not have enough cheese to qualify. **CHECK YOUR MENUS CAREFULLY TO MAKE SURE YOU HAVE WRITTEN DOWN EVERYTHING. IF IN DOUBT, CALL OR PUT IN A NOTE.**