

REGULAR MENU PLANNER
Spring Cycle Week 1,2,3

Provider Signature	Provider Number
Month Of Claim	Date of Signature:

Directions for Use: Plan your week or day according to the menus planned on this form.
 Fill in the calendar date above the menu served on each claiming day.
 When you substitute a food component, cross off the component and enter the substitution in the boxes below. Be sure to write the date and the substituted component on the correct menu line
 You can also use the boxes to substitute whole days or add days for weekends, etc.

Date:	Date:	Date:	Date:	Date:	Date:
Breakfast (B)					
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable					
bread/cereal					
Morning (AM) Snack					
milk or f/r or bead					
or meat (choose2)					
Lunch (L)					
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.					
Fruit/Vegetable					
Fruit/Vegetable					
Bread/alt.					
Afternoon (PM) Snack					
milk or f/r or bead					
or meat (choose2)					
Supper (S)					
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.					
Fruit/Vegetable					
Fruit/Vegetable					
Bread/alt.					

Spring Cycle, Week 2

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Applesauce	Citrus Blend Juice	Nectarines	Banana	Fresh Pears
Pancakes-Frozen or B01	Dry Cereal	Bagels-Cream Cheese Spread	Dry Cereal	Muffin-Y12
Morning (AM) Snack				
	Toast			
Dry Cereal	Oranges	Orange Juice	Hard Pretzels	Graham Crackers
Milk	(Water)	Peanuts	Milk	Orange Juice
Lunch (L)				
Chix Nuggets or T	Meatloaf Nest-T56	Fish Shapes or T40		Hamburger Pattie
Milk	Milk	Milk	Milk	Milk
Chicken*	Ground Meat*	Fish	Pork Links	Ground Meat*
Baby Carrots	Mashed Potatoes*	French Fries	Strawberries	Fresh Cauliflower
Pineapple	Whole Kernel Corn	Grapes	Hashbrowns	Peas
Dinner Bun	Bread Sticks	Toast	Bread	Hamburger Buns*
Afternoon (PM) Snack				
Bread		Tuna Veggie Dip-P76		
Peanut Butter	Cinnamon Roll	Triscuits	Oatmeal Raisin	Peanut Butter
Apple-Cranberry Juice	American Cheese (Water)	Tuna* (Water)	Cookie-Y29 Milk	Apple Slices (Water)
Supper				
Milk	Egg salad sandwich	Milk	Turkey Wrap	Milk
HM Beef Stew	Milk egg (1per child)	Hot dog	Turkey	yogurt/cheese
carrots/potatoes	bananas	applesauce	Peaches	celery /carrot sticks
Apple	oranges	strawberries	Spinach/Carrots	green beans
Corn Muffin	bread	toast	Tortilla	Cinnamon toast
Evening Snack				
Pineapple	Graham Crackers*	Tortilla Shell* Ham & Cheese*	Hard Pretzels	Cut-Out Cookies-Y28
Cottage Cheese (Water)	Milk	(Water)	(Water)	Orange Juice

Spring Cycle Week 1

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Kiwi	Strawberries	Orange Juice	Pineapple	Apricots
Painted Toast P-55	Waffles-Frozen or B02	Dry Cereal	English Muffin	French Toast Stix or French Toast-B0
Morning (AM) Snack				
	Fresh Pears	Snack Crackers		Soft Pretzel-Y05
Cinnamon Rice	American Cheese	Yogurt	Apple Cider-P02	
Cherry Juice	(Water)	(Water)	Banana Bread-Y01	Milk
Lunch (L)				
Hamburger Pattie	CN Pizza or T28	Baked Chicken	Corn Puppies	Tuna Hot Dish-T38
Milk	Milk	Milk	Milk	Milk
Ground Meat*	Cheese*	Chicken	Wiener*	Tuna*
French Fries	Lettuce Salad	Peaches	Carrot/Celery Stick	Green Beans
Peas	Grapes	Mashed Potatoes	Oranges	Apple Slices
Hamburger Bun*	Pizza Crust*	Dinner Bun	Peanut Butter Brea	Macaroni*
Afternoon (PM) Snack				
		Cloud Sandwich-P	Nachos-P48	Oatmeal Raisin
Milk	Snack Crackers	Graham Crackers	Tortilla Chips*	Cookie-Y29
Cut-Out Cookies-Y28	Citrus Blend Juice	Rainbow Milk-P63	Cheese* (Water)	Orange Juice
Supper (S)				
S. Bord Stack Ups-Milk	Corn Puppies	Milk	Fish Shapes-T40	Cheezburg HotD-T
Ground Meat*	Milk Weiners*	Roast Beef	Milk Fish*	Milk Ground Meat*
Tomato Sauce*	Veg Chz Chowder-	French Fries	Cal Blend Veggie	Peaches
Carrots	Apple Slices	Whole Kernel Corn	Kiwi	Peas
Flour Tortilla*	Peanut Butter Brea	Dinner Buns	Toast	Macaroni*
Evening (E) Snack				
Snack Crackers	Moon Cakes-P46		Granola-Y23	
	Rice Cakes*	Grapes	Yogurt	Cinnamon Roll
Apple Cranberry Juice	Peanut Butter* (Water)		Milk (Water)	Milk

Spring Cycle, Week 3

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Mixed Fruit	Applesauce	Orange Juice	Banana	Citrus Blend Juice
Dry Cereal	Pancakes-Frozen or B01	Cinnamon Roll	Dry Cereal	Blueberry Waffle
Morning (AM) Snack				
Feeling Face				Cereal Delight-P17
Toast-P30	Apple Cranberry Ju	Milk	Graham Crackers	Oat O's Cereal*
Milk				Strawberries* (Water)
Peanut Butter*	Muffin-Y12	Apricots	Milk	(Water)
Lunch (L)				
Corn Puppies		Garden Stew-T07	Crispy Chicken-T3	CN or P. Pizza-T28
Milk	Milk	Milk	Milk	Milk
Weiners*	Scrambled Egg	Ground Meat*	Chicken Drumme	Cheese*
Cal. Blend Veggie	Pineapple	Mixed Vegetables	Baked Potato	Carrot/Celery Stick
Oranges	French Fries	Pears	Grapes	Peaches
Peanut Butter Brea	Toast	Saltine Crackers	Easy Corn Bread-Y	Pizza Crust*
Afternoon (PM) Snack				
Caterpillar Salad-P	Peaches			
Banana*	Vanilla Yogurt	Graham Crackers	Mini Donuts	Popovers-Y15
American Cheese (Water)	(Water)	Peanut Butter (Water)	Orange Juice	Apples (Water)
Supper (S)				
Milk	Peanut Butter Sand	Milk	Milk	Fried egg & cheese : Milk
Chicken Nugets	P. Butter/Cheese*	Hamburgers	Fish Patties	Fried Egg/american
Mixed vegetables	Peaches	French Fries	tator tots	celery
pineapple	Carrots	Kiwi Bun	broccoli	melon
crackers	Bread		crackers	toasted bread
	Cottage Cheese*			
Evening Snack				
Cheerios	Graham crackers	HM Juicesicles	Toaster Pastry	Pizza Sauce
Milk	Milk	Animal Crackers	Milk	Apple Juice
				Bread Sticks