

REGULAR MENU PLANNER

Winter Cycle Week 4,5,1

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:
Breakfast (B)				
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
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
Meat/Meat alt.				
Fruit/Vegetable				
Fruit/Vegetable				
Bread/alt.				

Winter Cycle Week 5

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Citrus Juice	Strawberries	Orange	Applesauce	Banana
Toast	Waffles-Frozen or B02	Cinnamon Roll	French Toast-B04	Dry Cereal
With Jelly				
Morning (AM) Snack				
Soda Crackers	Banana Bread-Y01	Graham Crackers	Peaches	Mixed Fruit
American Cheese (Water)	Milk (Water)	Applesauce (Water)	Cottage Cheese (Water)	Milk
Lunch (L)				
Hot Turkey Sand-Milk	Tuna Burger-T37	CN Pizza or T28	Baked Chicken-T3	Toad in a Hole-T54
Turkey/Cheese*	Tuna*	Cheese*	Chicken*	Egg*
Pears	Grapes	Pineapple	Apples	Hash browns
California Blend V Bread*	Corn	Carrots	Peas	Broccoli & Dip
	Dinner Bun*	Crust*	Rice*	Texas Toast*
Afternoon (PM) Snack				
Apple Cobbler Pudding-P03	Crazy Pizza-P24	People Puppy Chow-P58	Got-A-Minutes-P83	Orange Yogurt Cups-P53
Apples & Crust* (Water)	Peanut Butter* (Water)	Mixed Fruit (Water)	Orange Juice	Orange/Orange Juice* Soda Crackers
Supper				
Hamb/Turk Soup-Milk	Chicken Patties	Gusty's Hotdish-T	Meatballs-T25	Fish Shapes-T40
Ground Meat*	Chicken*	Ground Meat*	Ground Meat	Fish*
Carrots/Potatoes*	French Fries	Potatoes/Corn*	Corn	Veg. Cheese Chow-608
Mixed Fruit	Peaches	Orange	Pineapple	Pears
Dinner Bun	Hamburger Bun*	Soda Crackers	Spaghetti Noodles	Dinner Bun
Evening (Eve) Snack				
Hot Dog*	Butterscotch Roll	Snowflake-Y20	Smores-P67	Spicy Gingerbread-Y04
Hot Dog Bun* (Water)	Orange Juice	Applesauce (Water)	Mixed Fruit (Water)	Apple (Water)

Winter Cycle Week 4

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Banana	Strawberries	Grapes	Citrus Juice	Applesauce
Dry Cereal	Waffles-Frozen or B02	Cinnamon Roll	Bagel	French Toast-B04
Morning (AM) Snack				
Whole Wheat Toast	Fruited Yogurt	Soda Cracker	Apple	Graham Cracker
Applesauce (Water)	Graham Cracker (Water)	American Cheese (Water)	Hard Pretzels (Water)	Peanut Butter (Water)
Lunch (L)				
Milk	Yummy Beef Stew	CN Pizza or T28	Chili-T21	HM Mac & Cheese-
Hot Dog*	Milk	Milk	Milk	Milk
French Fries	Stew Meat*	Cheese*	Ground Meat/Bea	Cheese*
Carrot Sticks	Carrots/Potatoes*	Orange	Tomato Jc/Tomat	Broccoli
Hot Dog Bun*	Mixed Fruit	Peas	Corn	Pears
	Bread Sticks-Y05	Crust*	Soda Crackers	Macaroni*
Afternoon (PM) Snack				
Soft Pretzels-Y05	Oatmeal Raisin Cookie-Y29	Synchronizadas-P	Banana Bread-Y01	Yogurt Cinnamon Fruit Dip-P80
Orange Juice		Tortilla* (Water)	Milk	Banana, Apples Orange (Water)
Supper (S)				
Milk	tuna salad sandwich	Spaghetti	Chili-T21	Tuna Hotdish HM
ham	Tuna *	ground beef*	Ground Meat/Bea	Tuna*
squash	kiwi	tomato sauce*	Tomato Jc/Tomat	peas
pears	french fries	Peas	Corn	celery/carrot stic
buns	Bread*	Noodles*	Soda Crackers	noodles*
Evening (E) Snack				
peaches	Raisin toast	lunch meat cheese	cheese chunks	Teddy Grahams
cottage cheese		crackers (Water)	grape juice	mixed 100% juice

Winter Cycle Week 1

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Applesauce	Pineapple	Banana	Citrus Juice	Apricots
Toast	Pancakes-Frozen or B01	Dry Cereal	Tortilla*	Muffin-Y12
			Egg Roll-Ups-P29	
Morning (AM) Snack				
Graham Crackers	Cottage Cheese	Hot Chocolate Milk	Snack Crackers	Soft Pretzels-Y05
Peanut Butter (Water)	Pears (Water)	Toast	Milk	Orange Juice
Lunch (L)				
Corn Puppies	S. of Brd Stack-u	Pizza Hotdish-T19		Chicken Patties
Milk	Milk	Milk	Milk	Milk
Weiner*	Ground Meat/Ch	Ground Meat*	Pork Links	Chicken*
Green Beans	Orange	Broccoli with Dip	Hash Browns	Carrot/Celery Sti
Grapes	Carrots	Banana	Applesauce	Pears
Enriched Bredin	Tortilla*	Noodles*	Toast	Hamburger Bun*
Afternoon (PM) Snack				
Strawberry Juice	Peanut Butter	Bread Sticks-Y05	Cinnamon Roll	Nachos-P48
Pineapple Juice	Oatmeal Cookies-Y27			Nacho Chips*
Strawberries*		Spaghetti Sauce	Dreamy Hot	cheddar Cheese*
Graham Cracker	Milk	(Water)	ocolate Milk-P28	(Water)
Supper (S)				
Tator Tot Hot dish		Chili	Pizza on biscuit	Ham Sandwich
Milk	Milk	Milk	Milk	Milk
Ground beef	fish nuggets	Ground Meat*	Cheese/Sausage	Ham slices
tator tots	celery sticks	tomato/beans*	tomato sauce	broccoli
fruit cocktail	apple juice	Pineapple	corn	cauliflower
biscuits	crackers	crackers	Biscuits	bread
Evening (E) Snack				
grape	milk	Orange juice	Fruit cup	graham crackers
soft pretzel (Water)	banana	chocolate chip cookies	Graham crackers	Peanut butter (Water)