

REGULAR MENU PLANNER

Summer

Fill in you name, provider number, month of the claim and date.

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/Grain				
Morning (AM) Snack				
Choose 2 of 4 Milk/				
Fruit-veg/Grains/Meat				
Lunch (L)				
Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.				
Fruit/Vegetable				
Bread/Grain				
Afternoon (PM) Snack				
Choose 2 of 4 Milk/				
Fruit-veg/Grains/Meat				
Supper (S)				
Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.				
Fruit/Vegetable				
Bread/Grain				

Summer Cycle, Week 2

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Strawberries	Grapes	Banana	Orange Juice	Applesauce
Doughnut	Bagel	Dry Cereal	Waffles-Frozen or B02	Toast
Morning (AM) Snack				
Cheese Slices	Saltines	Peanut Butter	No Bake Apple Cinn Bread-P49	Dry cereal
Grape Juice	Orange Juice	Toast (Water)	Bread* Milk	Milk
Lunch (L)				
Meatballs-T25	Hot Turkey Sand-T45	Burrito-T23	CN or P. Pizza-T28	
Milk	Milk	Milk	Milk	Milk
Ground Meat	Turkey/Chz*	Roast Beef	Ground Meat*	Cheese/Meat*
Carrots	Lettuce Salad	Pears	Tomatoes*	Fruit Cocktail
Mashed Potato	Cantaloupe	Peas	Watermelon	Carrot/Celery Sticks
Dinner Roll	Bread*	Rice	Tortillas* Cheese	Pizza Crust*
Afternoon (PM) Snack				
Peanut Butter Snack Cream-P56	String Cheese	Apple Juice	Snack Crackers	Krispie Bars-P42
Pean Butter/Yogurt* Graham crackers	Apples (Water)	Hard Pretzels	Cottage Cheese (Water)	Orange Juice
Supper				
French Toast B04	Sloppy Joes T20			
Milk	Milk	Milk	Milk	Milk
Eggs/Yogurt	Ground Meat*	Ham/Cheese*	Chicken Nuggets	Hot Dogs*
Applesauce	Cole Slaw G04	Tomato soup	Green peas	French Fries
Watermelon	Corn	Pineapple	Cucumbers	Carrots
French toast	Bun*	Bread*	Crackers	Bun*
Evening Snack				
Grape Juice	Fruit Moos-P36	Dry Cereal	Owl Sandwich-P54	Cheese Slices
Graham Crackers (Water)	Tortilla Chips (Water)	Milk	Wheat Bread* Peanut Butter/Cheese* (Water)	Soda Crackers

Summer Cycle, Week 1

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Applesauce	Grapes	Orange Juice	Banana	Fresh Peaches
Pancakes-Frozen or B01	Toast	Dry Cereal	Waffle-Frozen or B02	Dry Cereal
Morning (AM) Snack				
Spider Sandwich-P68	Granola Bar	Yogurt Cinnamon Bread *	Fruit Dip-P80	Refrigerator Oatmeal Nut Bar-Y25
Peanut Butter * (Water)	Apple Juice	Apples and Bananas (Water)	Orange Toast (Water)	Milk
Lunch (L)				
Meataroni-T01	Grilled Cheese		S. Butflies-T53	Hamburgers
Milk	Milk	Milk	Milk	Milk
Ground Meat *	Cheese*	Hot Dogs*	Eggs *	Ground Meat*
Tom/Tomato Jc*	Watermelon Sd-P79	Cantaloupe	Hash Browns	Cucumber Slices
Peas	Whole Kernel Corn	Baked Beans	Carrots Sticks	Mixed Melon Salad
Macaroni *	Bread*	Hot Dog Buns*	Bread*	Hamburger Buns*
Afternoon (PM) Snack				
Cranberry Pops-P23	Banana Milk			Joy Sicles-P40
Apple-Cran Juice*	Drink-P07	Bread Stick	Grape Juice	Peanut Butter*
Yogurt* (Water)	Banana* Milk*	Cheese Dip (Water)	Snack Crackers and Cheese	Graham Crackers (Water)
Supper (S)				
Crny Deviled Eggs-P25		Swedish Meatballs-T24		Ham & Chz-T44
Milk	Milk	Milk	Milk	Milk
Eggs*	Chicken Nuggets	Ground Meat	Bratwurst*	Ham/Cheese*
Cantaloupe	Broccoli	Potato Wedges-G06	Potato Salad	Carrots
Lettuce Salad	Pineapple	Oranges	Watermelon	Pears
Crackers	Dinner Bun	Toast	Bun*	Bread
Evening Snack				
Dry Cereal	Applesauce	Nectarine	Orange Juice	Toast
Milk	Pancakes (Water)	Bagels (Water)	English Muffin	Peanut Butter Milk

Summer Cycle, Week 3

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Grapes	Applesauce	Cantaloupe	Fr Fruit Salad-P33	Orange Juice
French Toast-B04	Pancakes-Frozen or B01	Dry Cereal	English Muffin	Dry Cereal
Morning (AM) Snack				
Nuts and Bolts-P50				Sandwich Roll-Up-P65
Shredded Wheat*	Peanut Butter	Pineapple	Vanilla Wafers	Whole Wheat
Milk	Graham Crackers (Water)	Doughnut (Water)	Apple Juice	Bread* Milk
Lunch (L)				
Tacos-T13	Chz BurRollUp-SP23	Chkbrd Sand-T43	Sloppy Joes-T20	Micro Piz Hd-T18
Milk	Milk	Milk	Milk	Milk
Ground Meat*	Gr. Meat/Cheese*	Turkey/Cheese*	Ground Meat*	Ground Meat*
Tom/Lettuce*	French Fries	Orange	Apple Slices	Tomato Paste*
Broccoli	Peas	Green Beans	Carrot Sticks	Watermelon
Taco Shells*	Tortilla*	Bread *	Bun*	Egg Noodles*
Peaches				
Afternoon (PM) Snack				
Bagel	Or Creamsicles-P51		Quick Garlic Bread-Y10	Tuna Veggie Dip-P76
Orange Juice	Dry Cereal (Water)	Apple slices	Spaghetti Sauce (Water)	Crackers (Water)
Supper (S)				
Italian Dunkers SP26		Bologna Sandwich		
Milk	Milk	Milk	Milk	Milk
Cheese*	Chicken Legs	Bologna	Sausages	Hot Dogs*
Pears	Corn	Lettuce/Tomato	Banana	Asparagus
Spaghetti Sauce*	Apples	Oranges	Applesauce	Plums
French Bread*	Toast	Bread	Waffles	Hot Dog Bun*
Carrots				
Evening Snack				
Frozen Grapes-P35	Sand Cups -P64			Banana Frozen
Cheddar Chz Cubes (Water)	Yogurt* (Water)	Cheese Sand	Snack Crackers (Water)	Yogurt-P06
	Vanilla Wafers (Water)	Milk	Cottage Cheese (Water)	Banana* Graham Crackers*