

REGULAR MENU PLANNI

Fall

Fill in you name, provider number, month of t

Provider Signature	Provider Number
Month Of Claim	Date of Signature:

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

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

Fall Cycle, Week 2

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Grapes	Apple Slices	Banana	Applesauce	Orange
Toast	Pancake-Froze or B01	Dry Cereal	French Toast B04	Coffee Cake Y03
Morning (AM) Snack				
Snack Cracker	Krispie Bar-P4	Pineapple	Peanut Butter*	Toaster Pastry
Orange (Water)	Milk	Soda Crackers (Water)	Graham Cracker*	Milk
Lunch (L)				
T. Tot Hot Dish-1 Milk	Fish Pattie Milk	Crispy Chicken-T Milk	CN or Pour Pz T28 Milk	V-8 Veggie Soup-T10 Milk
Ground Meat*	Fish	Chicken Drumstic Cheese/Meat*	Cheese/Meat*	Ground Meat*
Tator Tots*	Broccoli/Cheese	French Fries	Peaches	Mixed Veggies-V-8 Jc*
Whole Kernal Dinner Bun	Pears Bread	Green Beans Cornbread	Carrots Crust*	Applesauce Biscuits
Afternoon (PM) Snack				
Hot Poppy Seed Bread-Y11	Micro Potato Disks-P43	nts on a Log-P Celery*	Pumpkin Muffins-Y13	Peanut Butter* Bread*
Orange Juice	American Chees (Water)	Peanut Butter* Orange Juice	Milk	Milk
Supper				
Milk	Sandwich Milk	Spaghetti Milk	Milk	Sandwich Milk
Scrambled Egg	Bologna/Chees	Ground Beef*	Ham	Tuna/Cheese*
Hashbrowns	Baked Beans	Spaghetti Sauc	Fruit Cocktail	Apple
Peaches	Cole Slaw	Pears	Corn	French Fries
Toast	Bread*	Noodles*	Dinner Bun	Bread*
Evening Snack				
Grape Juice	Fruit Cocktail	Dry Cereal	Cheese	Meat Slices Soda Crackers
Graham Cracker (Water)	Snack Crackers Milk	Milk	Bread (Water)	Orange Juice

Fall Cycle, Week 1

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Banana	Strawberries	Hashbrowns	Orange	Apple Juice
Dry Cereal	Waffles-Froze or B02	Toast	Bagel	Donut
Morning (AM) Snack				
Graham Cracker	Chocolate Chip Cookie or Y24	Cheese	Banana	Peaches
Milk	Milk	Soda Crackers (Water)	Snack Crackers (Water)	Hard Pretzels (Water)
Lunch (L)				
Chicken Nuggets	Hamburger	Corn Dogs	Potato Pizza-T14	HM Mac & Cheese-
Milk	Milk	Milk	Milk	Milk
Chicken	Ground Meat*	Hot Dog*	Ground Meat*	Cheese*
Carrots	Applesauce	Broccoli	Tomato/Potato	Peas
French Fries	Lettuce Salad	Fruit Cocktail	Grapes	Apples
Bread	Hamburger Bun*	Batter Breadin	Bread	Macaroni*
Afternoon (PM)Snacks				
Apple Smiles-P Apples*	Frozen Graham Sandwich-P34	Muffin Y12	Cheese Sandwich Cheese*	Vegetable Dip-P77 Cottage Cheese*
Peanut Butter* (Water)	Graham Cracker* Milk	Orange Juice	Bread* (Water)	arrots and Celer (Water)
Supper (S)				
Pizza Burger-T Milk	Saus & Egg Cass-T Milk	Sloppy Joes-T Milk	Fish Sticks Milk	Grilled Cheese Milk
Ground Meat*	Smoked Saus/Chz*	Ground Beef	Fish	Cheese*
Carrot Sticks	Broccoli	French Fries	Mashed Potato	Tomato Soup
Banana	Apples	Peaches	Orange	Pears/Cottage Chz
Hamburger Bu	Bread*	Hamburger Bu	Bread	Bread*
Evening Snack				
Graham Cracker	Hard Pretzels	Bread*	Toaster Pastry	Orange Juice
Milk	Cheese Dip (Water)	Peanut Butter* (Water)	Milk	Snack Crackers

Fall Cycle, Week 3

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Grapes	Orange Juice	Apple Slices	Grape Juice	Peaches
Dry Cereal	Muffin Y12	French Toast B04	English Muffin	Pancakes-Froze or B01
Morning (AM) Snack				
Granola Bar	Graham Cracker*	Pears	Milk	Snack Crackers
Orange Juice	Peanut Butter* (Water)	Soda Cracker (Water)	Applesauce	Milk
Lunch (L)				
Corn Dog	Mexicom Bake-T15	Tuna Hot Dish-T38	Soup-T08	CN or Pour Pizza-T2
Milk	Milk	Milk	Milk	Milk
Hot Dogs*	Ground Meat*	Tuna*	Ground Meat*	Cheese/Meat*
French Fries	Fruit Cocktail	Strawberries	Carrots/Potatoes*	Lettuce Salad
Pineapple	Broccoli & dip	Corn	Pears	Orange
Batter Breadin	Biscuits*	Macaroni*	Bread	Crust*
Afternoon (PM) Snack				
Peanut Butter Cookies-Y27	Apple Melts-P0 Bagels*	Peanut Butter* Bread*	Pigs in Blanket P59 Pork Links*	Banana Bread-Y01
Milk	Cheese* (Water)	Milk	Crescent Roll* (Water)	Milk
Supper (S)				
Chili-T21	Milk	Milk	Milk	Milk
Milk	Grilled cheese*	Fish Sticks	Yogurt	Ham
Ground beef*	Tomato soup	Green beans	Peaches	Squash
Corn	Pears/Cottage Chz	Pineapple	Carrots/Cucumbers	Mashed potato
Fruit Cocktail	Bread	Toast	Crackers	Bun
Dry Beans/Tom Jc			Peanut butter	
Evening Snack				
Saltines with Ham Slices	Toast	Orange	Tuna Sandwich Tuna*	Snack Crackers*
Milk	Milk	Snack Crackers (Water)	Bread* (Water)	Cheese* (Water)