

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:
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				
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				
Fruit/Vegetable				
Bread/Grain				

Fall Cycle, Week 5

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Pineapple	Applesauce	Banana	Grape Juice	Apples
Banana Bread-Y0	Pancakes-Frozen or B01	Dry Cereal	Muffin-Y12	Toast
Morning (AM) Snack				
Pear*	Grapes	Granola Bar	Apricots	Orange Juice
Cottage Cheese (Water)	Milk	Milk	Snack Crackers (Water)	Graham Crackers
Lunch (L)				
Hamburger	CN or Pour Pz-T28	Quiche-T52	Corn Dogs	Lasagna Hot Dish-T17
Milk	Milk	Milk	Milk	Milk
Ground Meat*	Cheese/Meat*	Eggs/Cheese/Ham*	Hot Dog*	Ground Meat/Cheese*
French Fries	Pineapple	Broccoli	Hash browns	Corn
Orange	Carrot Sticks	Mixed Fruit	Mixed Veggies	Peaches
Hamburger Bu	Crust*	Batter Breeding*		Noodles*
PM Snack				
Nachos-P48	Indian Fry Bread-Y0	Peanut Butter* Bread*	Krispie Bars-P42	Smores-P67
Nacho Chips*			Krispie Cereal*	Graham Crackers*
Cheddar Cheese (Water)	Milk	Milk	Milk	Milk
Supper				
Milk	Milk	Milk	Milk	Bologna Sandwich
Sausage	Beef Roast	Turkey	Chicken	Milk
Apples	Carrots	Mashed Potato	French Fries	Bologna*
Banana	Mashed Potato	Peas and Carro	Corn	Celery/Carrots
Cinnamon Toa	Dinner Buns	Dressing	Buns	Peaches
				Bread*
Evening Snack				
Yogurt	Bagel	Fresh Vegetable Carrots, Celery	Pears	Cinnamon Toast
Milk	Cheese (water)	Milk	Milk	Milk

Fall Cycle, Week 4

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Applesauce	Orange	Apple	Mandarine Oranges	Banana
Cinnamon Logs-	French Toast-B	Hot Cooked Cere	Waffles-Frozen or B02	English Muffin
Morning (AM) Snack				
Dry Cereal	Donut	Snack Crackers American Cheese	Bread*	Pineapple
Milk	Milk	(Water)	Peanut Butter* (Water)	Milk
Lunch (L)				
Hearty Bf & Beans-Milk	Fish Sticks	Chili 'N Chz Dog-T	Chicken Nugget	Meatloaf-T27
Ground Meat*	Fish	Hot Dog/Chee	Chicken	Milk
Corn	French Fries	Coleslaw-G04	Corn	Ground Meat
Peaches	Mixed Veggies	Grapes	Pears	Mashed Potato
Biscuits*	Dinner Bun	Cornbread Tw	Dinner Bun	Carrots
				Bread
PM Snack				
Fruited Yogurt	Monkey Bread-P4	Chocolate Chip	Apple Cob Pud-P03	Taco Chex-P74
Hard Pretzels	Biscuit*	Cookie-Y24	Apples*	Corn Chex*
(Water)	Milk	Milk	Breading* Milk	Orange Juice
Supper (S)				
McMuffin	Milk	Milk	Hamburger	Turkey Sandwi
Milk	Milk	Milk	Milk	Milk
Egg/Cheese/Ha	Chicken Breas	Sausage	Ground Meat	Turkey*
Celery/Carrots	Apple Slices	Applesauce	French Fries	Pineapple
Peaches	Mashed Potato	Hashbrowns	Banana	Green Beans
English Muffin	Bread	Bagel	Hamburger Bun	Bread*
Evening Snack				
Orange	Dry Cereal	Vanilla Wafer	Pears	Cheese and Meat Slices
Toast (water)	Milk	Milk	Milk	Crackers (Water)

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-Frozen or B02	Toast	Bagel	Donut
Morning (AM) Snack				
Graham Cracker	Chocolate Chip	Cheese	Banana	Peaches
	Cookie or Y24			
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-P0	Frozen Graham	Muffin Y12	Cheese Sandwich	Vegetable Dip-P77
Apples*	Sandwich-P34		Cheese*	Cottage Cheese*
Peanut Butter* (Water)	Graham Cracker* Milk	Orange Juice	Bread* (Water)	arrots and Cele
Supper (S)				
Pizza Burger-T	Saus & Egg Cass-T	Sloppy Joes-T	Fish Sticks	Grilled Cheese
Milk	Milk	Milk	Milk	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