

**REGULAR MENU PLANNER**

**Summer**

Fill in you name, provider number, month of the claim

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 ente substitution in the boxes below. Be sure to write the date and the substittu 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:
<b>Breakfast (B)</b>					
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable					
Bread/Grain					
<b>Morning (AM) Snack</b>					
Choose 2 of 4 Milk/					
Fruit-veg/Grains/Meat					
<b>Lunch (L)</b>					
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.					
Fruit/Vegetable					
Fruit/Vegetable					
Bread/Grain					
<b>Afternoon (PM) Snack</b>					
Choose 2 of 4 Milk/					
Fruit-veg/Grains/Meat					
<b>Supper (S)</b>					
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat alt.					
Fruit/Vegetable					
Fruit/Vegetable					
Bread/Grain					

**Summer Cycle, Week 5**

Date:	Date:	Date:	Date:	Date:
<b>Breakfast (B)</b>				
Milk	Milk	Milk	Milk	Milk
Orange Juice	Fruit Slush-P82	Banana	Grapes	Cantaloupe
Muffin-Y12	Dry Cereal	Strawberry-Banana	Toast	Waffles-Frozen or B02
<b>Morning (AM) Snack</b>				
Trail Mix-P75	Quick Apple Pie-P62			
Nuts/Seeds*	Bread *	Granola Bar	Dry Cereal	Orange
Oats O's * (Water)	Milk	Grape Juice	Milk	Milk
<b>Lunch (L)</b>				
Hero Sand-T46	Meatballs-T25	Tuna Holdish-T38	Mexican Dish-T16	HM Mac & Chz-T49
Milk	Milk	Milk	Milk	Milk
Lunch Meat/Chz*	Ground Meat	Tuna*	Ground Meat/Chz	Cheese*
Mixed Melons	Mashed Potato	Honey Dew Melon	Tomato/Onion*	Peas
Green Beans	Carrots	Corn	Peaches	Celery/Cauliflower
Hamburger Buns*	Toast	Macaroni*	Rice*	Macaroni*
<b>PM Snack</b>				
Vegetable Dip-P77	Banana Toast-P10		Orange Sher. Tr-P52	
Cottage Cheese*	Bread *	Snack Crackers	Orange Juice*	Milk
Fresh Vegetables (Water)	Peanut Butter* (Water)	Fruit Cocktail (Water)	Vanilla Wafers (Water)	Apple Slices
<b>Supper</b>				
Egg Mcmuffins	PB sandwich	Lasagna Hd-T17	Ham sandwich	Milk
Milk	Milk	Milk	Milk	Milk
Ham/chz/egg*	Peanut Butter*	Ground Meat*	Ham*	Turkey Roast
Oranges	Strawberries	Spaghetti Sc.*	Peas	Mashed potatoes
Hash browns	Pears/Cottage Chz	Oranges	Watermelon	Fruit Cocktail
English Muffins*	Bread*	Nooodles*	Bread*	Biscuits
<b>Evening Snack</b>				
Yogurt	String Cheese	Hard Boiled Egg	Oatmeal Cookies	Dry Cereal
Vanilla Wafers (Water)	Grapes (Water)	HM Juicesicles	Milk	Milk

**Summer Cycle, Week 4**

Date:	Date:	Date:	Date:	Date:
<b>Breakfast (B)</b>				
Milk	Milk	Milk	Milk	Milk
Orange	Banana	Fresh Peaches	Orange Juice	Sum Coolers-P72
Toast	Dry Cereal	Pancakes-Frozen Or B01	Dry Cereal	Doughnut
<b>Morning (AM) Snack</b>				
Snack Crackers	Bread Sticks	Toast	Mixed Fruit	Orange
Grape Juice	Cheese "Dip" (Water)	Orange Juice	Hard Pretzels (Water)	Milk
<b>Lunch (L)</b>				
Turkey Sandwich		Meat Rice Hd-T03	Chicken Salad-T33	Sloppy Joes-T20
Milk	Milk	Milk	Milk	Milk
Turkey*	Wieners*	Ground Meat*	Chicken*	Ground Meat*
Mixed Vegetables	Baked Beans	Mixed Vegetables	Peas/Celery*	French Fries
Peaches	Watermelon	Apple Slices	Pears	Carrot Sticks
Bread*	Hot Dog Buns*	Rice*	Macaroni*	Hamburger Buns*
<b>Afternoon (PM) Snack</b>				
Nachos-P48	Berry Soup-P20		Mini Banana-P44	Dinosaur Sand-P27
Tortilla Chips *	OJ/Strawberries*	Granola Bar	Cottage Cheese*	Bread*
Cheese* (Water)	Yogurt* (Water)	Milk	Strawberries-Blueberry-Bananas	Peanut Butter* (Water)
<b>Supper (S)</b>				
Tuna Salad	CN or P. Pizza-T28			Chicken HD-SP13
Milk	Milk	Milk	Milk	Milk
Tuna/cheese*	Cheese*	Yogurt/Cot. Cheese	Cheese chunks	Chicken*
Peas	Pears	Orange	Grapes	Broccoli
Strawberries	Carrots	Apple	Peas/carrots	Mixed Fruit
Bread*	Pizza Crust*	Pancakes	Crackers	Rice*
<b>Evening Snack</b>				
Apple juice	Wheat crackers	Pretzels	Orange Juice	Raw vegetables (Broccoli, Carrots)
Doughnut	Milk	Grape juice	Animal crackers	Cottage cheese (Water)

**Summer Cycle, Week 1**

Date:	Date:	Date:	Date:	Date:
<b>Breakfast (B)</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
<b>Morning (AM) Snack</b>				
Spider Sandwich-P68		Yogurt Cinnamon		Refrigerator Oatmeal
Bread *	Granola Bar	Fruit Dip-P80	Orange	Nut Bar-Y25
Peanut Butter * (Water)	Apple Juice	Apples and Bananas (Water)	Toast (Water)	Milk
<b>Lunch (L)</b>				
Meataroni-T01	Grilled Cheese		S. Butterflies-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 Sala
Macaroni *	Bread*	Hot Dog Buns*	Bread*	Hamburger Buns*
<b>Afternoon (PM) Snack</b>				
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)
<b>Supper (S)</b>				
Crmy 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
<b>Evening Snack</b>				
Dry Cereal	Applesauce	Nectarine	Orange Juice	Toast
Milk	Pancakes (Water)	Bagels (Water)	English Muffin	Peanut Butter Milk