

REGULAR MENU PLANNER
Winter Cycle Week 1-3

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 2

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Banana	Mixed Fruit	Applesauce	Citrus Juice	Pears
Hot Cereal	Donut	French Toast-B04	Toast	Waffles-Frozen
			With Peanut Butter	or B02
Morning (AM) Snack				
Soda Crackers	Snack Crackers	Dry Cereal	Toaster Pastry	Orange Juice
American Cheese (Water)	Peaches (Water)	Milk		Graham Cracker
Lunch (L)				
Hero Sandwich-T4	Spaghetti-B07	Easy Bk Pk Chops-	CN Pizza or T28	Fish Shapes-T40
Milk	Milk	Milk	Milk	Milk
Ham/Cheese*	Ground Meat*	Pork Chops*	Cheese*	Fish
French Fries	Tomato Sauce*	Mashed Potatoes	Corn	California Blend Veggies
Orange	Carrot Sticks	Cole Slaw-G04	Apples	Grapes
Hamburger Bun*	Spaghetti Noodles	Dinner Bun*	Pizza Crust*	Toast
	Quick Garlic Bread-Y10		Bread Sticks-Y05	
Afternoon (PM) Snack				
Bread Buddies-P14	Orange Creamsicles-P51	Apple Melts-P04	Carrots, Celery, Cauliflower	Cinnamon Tortilla and Dip-P21
Fruited Yogurt (Water)	Orange Juice* Graham Crackers	Cheese* (Water)	Veggie Dip-P77 (Water)	Applesauce (Water)
Supper				
Sloppy Joes	Grilled Cheese	Milk	Checkensandwich	Egg sandwiches
Milk	Milk	Milk	Milk	Milk
Ground beef*	Cheese*	Corn dogs	Chicken salad	fried egg (1 per child)
tomatoe sauce*	Tomato soup	Green Beans	potatoes	Applesauce
peas	Apples	fruit cocktail	peaches	Grapes
Hamburger Bun*	Toasted bread*	breeding (enriched)	bread	Toast or bread
Evening Snack				
Milk	Pineapple	yogurt	Carrots, Celery, Cauliflower	Dry cereal
toast jelly	Orange Juice* Graham Crackers	Vanilla wafers (Water)	Veggie Dip-P77 (Water)	milk

Winter Cycle Week1

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	Milk	Chicken Patties
Milk	Milk	Milk	Milk	Milk
Weiner*	Ground Meat/Che	Ground Meat*	Pork Links	Chicken*
Green Beans	Orange	Broccoli with Dip	Hash Browns	Carrot/Celery Sticks
Grapes	Carrots	Banana	Applesauce	Pears
Enriched Breading	Tortilla*	Noodles*	Toast	Hamburger Bun*
Afternoon (PM) Snack				
Strawberry Juice	Oatmeal	Bread Sticks	Cinnamon Roll	Nachos-P48
Pineapple Juice a	Cookies-Y27	Y-05		Nacho Chips*
Strawberries*	Graham Cracker	Spaghetti Sauce (Water)	Dreamy Hot Choc Milk-P28	Cheddar Cheese* (Water)
Supper (S)				
Tator Tot Hot dish	Milk	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)

Winter Cycle Week 3

Date:	Date:	Date:	Date:	Date:
Breakfast (B)				
Milk	Milk	Milk	Milk	Milk
Banana	Citrus Juice	Orange	Applesauce	Pineapple
Dry Cereal	Cinnamon Roll	English Muffin	Pancake-Frozen or B01	Muffin-Y12
Morning (AM) Snack				
Bread	Bologna	Bread Sticks-Y05	Snack Crackers	Cottage Cheese
American Cheese (Water)	Saltines (Water)	Milk	Milk	Orange (Water)
Lunch (L)				
Meatballs-T25	Chicken Stew-T34	Fish Shapes-T40	Sloppy Joe-T20	Corn Puppies
Milk	Milk	Milk	Milk	Milk
Ground Meat	Chicken*	Fish	Ground Meat*	Hot Dog*
Orange	Carrots/Potatoes*	Mashed Potatoes	French Fries	Pears
Peas	Peaches	Veg. Cheese Chow.	Corn	Carrot Sticks
Spaghetti Noodles	Soda Crackers	Bread	Dinner Bun*	Enriched Breading*
Afternoon (PM) Snack				
Trail Mix-P75	Quick Apple Pie-P6	Cinnamon Orange	Strawberry	Krispie Rice
Oat O's Cereal*	Bread*	Muffin-Y14	Milkshake-P70	Bars-P42
Nuts* (Water)	Fruited Yogurt (Water)	Milk	Milk* Strawberries*	Orange Juice
Supper (S)				
Milk	meat/cheese sand.	Hamburger Hot dish	Milk	Meat balls/Gravy
Milk	Milk	Milk	Milk	Milk
Sausage links	bologna/cheese*	Ground beef*	Yogurt	Ground Beef
peaches	orange slices	lettuce salad	Strawberries	mashed potatoes
green beams	celery sticks	tomato sauce*	pineapple	peas
Pancakes	Bread*	Noodles*	Bagel	biscuits
				gravy
Evening (E) Snack				
milk	Quick Apple Pie-P6	Cinnamon Orange	raw vegetables	Krispie Rice
	Bread*	Muffin-Y14		Bars-P42
oatmeal cookie	Fruited Yogurt (Water)	Milk	cottage cheese	Orange Juice