



# REGULAR MENU PLANNING WORKSHEET

Month: \_\_\_\_\_ Provider Name: Minnie Mouse Provider #: 999999

		Food Item	Food Item	Food Item	Food Item	Food Item
<b>Breakfast</b>	Bread/Alternate	Waffle	Raisin Bran	Cinnamon Roll	French Toast Sticks	Oatmeal Toast
	Juice/Fruit/Veg	Apple-Grape Juice	Banana	Applesauce	Peaches	Strawberries
	Milk	Milk	Milk	Milk	Milk	Milk
<b>AM Snack</b> Choose 2 of 4	Meat/Alternate	Boiled Egg		Mixed Nuts		Yogurt Smoothie
	Bread/Alternate	Ritz Crackers	Pumpkin Bread		Granola	
	Juice/Fruit/Veg			Prunes / Apricot	Frozen Choc Banana	Strawberries
	Milk		Milk			
<b>Lunch</b>	Meat/Alternate	Tuna	Mozz Cheese	Refried Beans	Scrambled Eggs	Chicken Nuggets
	Bread/Alternate	Wh Wh Bread	Taco Shell	Bread Sticks	Fried Rice	Sourdough Biscuits
	Fruit/Veg	Lettuce / Tomato	Zucchini Sticks	Romaine Lettuce	Peas / Carrots	Broccoflower
	Fruit/Veg	Mandarin Orange	Peaches	H.M.Salsa	Kiwi	Sweet Potato Fries
	Milk	Milk	Milk	Milk	Milk	Milk
<b>PM Snack</b> Choose 2 of 4	Meat/Alternate			Cottage Cheese *		
	Bread/Alternate	Crepes	Soda Cracker		Wh Grain Tortilla Chips	Bran Muffin
	Juice/Fruit/Veg	Pineapple	Mashed Avocado	Asst. Melon Balls	H.M.Spinach Dip	
	Milk					H.M.Choc Milk
<b>Dinner</b>	Meat/Alternate	H.M.Split Pea Soup	Shrimp	Chicken Breast	Cheddar Cheese	Mahi Mahi
	Bread/Alternate	Oyster Crackers	Chow Mein	Spanish Rice	Flat Bread	Brn / Wh Rice
	Fruit/Veg	Carrot Sticks	Mung Beans	Soybeans	Red / Green Peppers	H.M. Mango Salsa
	Fruit/Veg	Red Grapes	Shredded Cabbage	Mustard Greens	Watermelon	Lima Beans
	Milk	Milk	Milk	Milk	Milk	Milk
<b>EV Snack</b> Choose 2 of 4	Meat/Alternate					
	Bread/Alternate	<b>Vegetarian Menu that includes Seafood, Egg, Cheese, &amp; Poultry</b>				
	Juice/Fruit/Veg	<b>Any food item can be substituted to meet your budget</b>				
	Milk			Sample Menu		

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