



# 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	Oatmeal	Cheerios	Whole Grain Toast	Pancakes	Fried Rice	
	Juice/Fruit/Veg	Peaches	Apricot / Raisins	Applesauce	Strawberries	Peas / Carrots	
	Milk	Milk	Milk	Milk	Milk	Milk	
<b>AM Snack</b>	<b>Choose 2 of 4</b>	Meat/Alternate	Cheddar cheese	Yogurt			
		Bread/Alternate	Wh Wh Tortilla		Animal Crackers	Nutri Grain Bar *	Graham Crackers
		Juice/Fruit/Veg		Fruit Cocktail		Sweet Potatoes	Applesauce w / Cin
		Milk			Milk		
<b>Lunch</b>	Meat/Alternate	Black Bean (chili)	Cheddar Cheese	Refried Beans	Mozz Cheese	Yogurt	
	Bread/Alternate	Potato Rolls	Macaroni	Spinach Tortillas	English Muffin	Croissant	
	Fruit/Veg	Stew Tomatoes	H.M. Onion Rings	Sliced Apples	Pizza Sauce	Blueberries	
	Fruit/Veg	Romaine Lettuce	Brussel Sprouts	H.M. Salsa	Spring Mix	Butternut Squash	
	Milk	Milk	Milk	Milk	Milk	Milk	
<b>PM Snack</b>	<b>Choose 2 of 4</b>	Meat/Alternate	Cottage Cheese *		Peanut Butter	Assorted Nuts	
		Bread/Alternate		Harvest Crisps	Wh Wh Toast	Oatmeal Cookie *	Cream Crackers
		Juice/Fruit/Veg	Papaya	Celery & Carrot Sticks	100% Popsicle		Dates
		Milk				Milk	
<b>Dinner</b>	Meat/Alternate	Soybeans	Split Pea Soup*	Yogurt	Baked Beans	Colby Cheese	
	Bread/Alternate	Sweet Bread	Oyster Crackers	Bread Sticks	Buttermilk Biscuits	Lasagna Noodles	
	Fruit/Veg	Honey Dew Melon	Watermelon	Acorn Squash	Cole Slaw	Spinach	
	Fruit/Veg	Pumpkin	Pear	Blueberries	Tator Tots	Zucchini	
	Milk	Milk	Milk	Milk	Milk	Milk	
<b>EV Snack</b>	<b>Choose 2 of 4</b>	Meat/Alternate					
		Bread/Alternate	<b>Sample of Vegetarian Menu</b>				
		Juice/Fruit/Veg	Note: A Vegan's diet does not meet the food program requirements				
		Milk					

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