



April E-Z Menu

E-Z menus are preplanned menus you can use as is or change to better accommodate the foods you typically serve. To use E-Z menus:

- 1) Print or view the menus found in the “Members Only” section of ACA’s website www.acainc.org
- 2) To select an E-Z menu in KidKare go to Enter Meal> Select meal. Click on the blue EZ near the top of the screen.
- 3) If you are making a change to the menu, use the dropdown arrows to the right of the meal component you are changing. Select the component you served. For example, if the E-Z menu show orange juice, but you served apple juice, you need to change the menu to indicate apple juice was served.
- 4) **Remember to use the whole grain slider to indicate when a whole grain-rich item is served.** Meal deduction will occur if a whole grain-rich food is not offered at least once per day.
- 5) Contact ACA with any questions.

April 2024 E-Z MENU PLANNER

Week 1		Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4	Friday April 5
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Raisins Oatmeal (wg)	Milk Banana Whole wheat toast (wg)	Milk Strawberries Puffed rice cereal	Milk Oranges Whole wheat toast (wg)	Milk Potatoes Scrambled eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Oranges Graham crackers	Apple slices Peanut butter	Orange juice Whole wheat toast (wg)	Tortilla Refried beans	Strawberries Yogurt
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot dogs (100% meat) Baked beans Strawberries Buns	Milk Chicken stir fry Mixed veggies Oranges Rice	Milk Ground beef (soft shell tacos) Lettuce & Tomatoes Refried beans Tortilla	Milk Egg omelet Potatoes Celery sticks English muffins	Milk HM Mac & Cheese w/ hot dog pieces Peas Mixed fruit Pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Apple slices	Mixed fruit Yogurt	Celery sticks Cheese cubes	Graham crackers Orange juice	Milk Whole wheat toast (wg)

You must verify all food items meet Program guidelines by reviewing the product label, CN label, product analysis sheet or recipe prior to serving the food. **ACA does not endorse any product. Name brands are used as examples of CACFP creditable foods.**

(wg) = whole grain-rich

April 2024 E-Z MENU PLANNER

Week 2		Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11	Friday April 12
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Banana Cheerios (wg)	Milk Mixed fruit Yogurt	Milk Potatoes Ham	Milk Bananas Whole wheat toast (wg)	Milk Apple juice Cheerios (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apple Juice Whole wheat toast (wg)	Graham crackers Peanut butter	Carrot sticks Hardboiled eggs	Peaches Yogurt	Apples Cheese
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Meatloaf (ground beef) Carrots Mixed fruit Cornbread	Milk Ham Potatoes Lettuce salad Whole wheat bread (wg)	Milk Ground Beef (Sloppy Joes) Broccoli Mixed fruit Whole wheat bun (wg)	Milk Grilled Ham & Cheese Tomato Soup Apples Whole wheat bread (wg)	Milk Cheese Pizza (CN or HM) Broccoli Banana Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peaches Yogurt	Milk Cornbread	Celery Yogurt	Milk Mixed fruit	Milk Whole wheat toast (wg) with cinnamon

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Week 3		Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18	Friday April 19
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Oranges Scrambles eggs	Milk Apricots Blueberry muffins	Milk Bananas Whole wheat toast (wg)	Milk Apple slices Banana bread	Milk Oranges Oatmeal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Blueberry Muffin	Pretzels Yogurt	Celery Raisins Peanut butter (ants on a log)	Apricots Animal crackers	Hummus (CN or HM) Carrot & Celery sticks
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot roast beef sandwich Mashed potatoes Broccoli Whole wheat bread (wg)	Milk Tuna & Cheese sandwich Peas Apples Whole wheat bread (wg)	Milk HM Mac & cheese Broccoli Banana w/ Yogurt Pasta	Milk Scrambled eggs Potatoes Oranges Whole wheat toast (wg)	Milk Fish (store bought) Peas Broccoli Whole wheat bread (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Cheese	Milk Animal crackers	Milk Banana bread	Carrot sticks Yogurt	Raisins Pretzels

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Week 4		Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pineapple French toast	Milk Apples Whole wheat toast (wg)	Milk Potatoes Ham	Milk Bananas Corn flakes	Milk Raisins Oatmeal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Rice cakes Cheese	Raisins Almonds	Whole wheat toast (wg) Peanut butter	Carrot sticks Yogurt	Milk Rice cakes
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ham Potatoes Asparagus Whole wheat bread (wg)	Milk Egg Salad sandwich Mixed veggies Celery Whole wheat bread (wg)	Milk Ground beef (goulash) Carrots Pineapple Pasta	Milk Chicken Sandwich Lettuce salad Mixed veggies Whole wheat bread (wg)	Milk Ground beef & Cheese (cheeseburgers) Green beans Mixed fruit Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Yogurt	Cheese cubes Carrot sticks	Milk Rice cakes	Peanut butter Celery Raisins (Ants on a Log)	Milk Cornflakes

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Week 5		Monday April 29	Tuesday April 30	Wednesday May 1	Thursday May 2	Friday May 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Orange juice Kix (wg)	Milk Strawberries English muffins	Milk Potatoes & eggs Whole wheat tortilla (wg) (breakfast wrap)	Milk Bananas Pancakes	Milk Apples English Muffins
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Cheese	Carrot sticks Banana slices	Mixed fruit Yogurt	Milk Goldfish crackers	Orange juice Cottage cheese
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hot dogs (100% meat) Corn Blueberries Bun	Milk Scrambled Eggs Mixed veggies Kiwi Pancakes	Milk Ground beef (spaghetti) Tomato sauce Banana Pasta	Milk Chicken Corn Strawberries Brown rice (wg)	Milk HM/CN Cheese pizza Mixed veggies Bananas w/yogurt Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Peanut butter Whole wheat toast (wg)	Whole wheat tortilla (wg) Cheese (wrap)	Carrots Hummus CN/HM	English muffin Cottage cheese	Milk Kix (wg)

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April 2024 Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
Milk	Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALTERNATES	Cheese Chicken Eggs Ground beef Hot dogs (100% meat) Peanut butter Refried Beans Yogurt	Cheese Cheese pizza (CN or HM) Eggs Ground beef Ham Peanut butter Yogurt	Cheese Eggs Fish (store bought) Hummus (CN or HM) Peanut butter Roast beef Tuna Yogurt	Almonds Cheese Chicken Eggs Ground beef Ham Peanut butter Yogurt	Cheese Cheese Pizza (CN or HM) Chicken Cottage cheese Eggs Ground beef Hummus (CN or HM) Hot dogs (all meat) Yogurt
FRUITS & VEGETABLES	Apples Bananas Baked beans Celery Lettuce Mixed fruit Mixed veggies Oranges Orange Juice Peas Potatoes Raisins Strawberries Tomatoes	Apples Apple juice Banana Broccoli Carrots Celery Lettuce Mixed fruit Peaches Potatoes Tomato soup	Apricots Apples Bananas Broccoli Carrots Celery Orange Peas Potatoes Raisins	Apples Asparagus Bananas Carrots Celery Green beans Lettuce Mixed fruit Mixed vegetables Pineapple Potatoes Raisin Tomato sauce	Apples Bananas Blueberries Corn Carrots Kiwi Mixed fruit Mixed vegetables Orange juice Potato Strawberries Tomato sauce
GRAINS & BREADS	Buns English muffins Graham crackers Oatmeal Pasta Puffed rice cereal Rice Tortilla Whole wheat bread	Cheerios Corn bread Graham crackers Pizza crust Whole wheat bread Whole wheat buns	Animal crackers Banana bread Blueberry muffins Oatmeal Pasta Whole wheat bread Pretzels	Buns Corn Flakes French toast Oatmeal Rice cakes Paata Whole wheat bread	Brown rice Buns English muffins Goldfish crackers Kix Pancakes Pasta Pizza crust Whole wheat bread Whole wheat tortilla

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Breakfast cereal may have no more than 6 grams of sugar per dry ounce.

Yogurt may have no more the 23 grams of sugar per 6 ounces.

A whole grain-rich food must be served at least once per day.