



August 2024 E-Z

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.

August 2024 E-Z MENU PLANNER

Week 1		Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Apple juice Life cereal (wg)	Milk Strawberries Yogurt	Milk Bananas Waffles	Milk Blueberries Whole wheat toast (wg)	Milk Apple juice Life cereal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Banana bread	Apple juice *Sunflower seeds	Mixed raw veggies Whole wheat tortilla (wg) (veggie wrap)	Carrot sticks Banana slices	Watermelon Cheese cubes
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ground beef (hamburgers) Tomato slices Summer squash Bun	Milk Refried beans & cheese Carrot sticks Honeydew melon Whole wheat tortilla (wg)	Milk Grilled cheese sandwich Bell pepper slices Strawberries/w yogurt Whole wheat bread (wg)	Milk Tuna & cheese (pasta salad) Carrot sticks Watermelon Pasta	Milk Egg salad sandwich Tomato slices Blueberries Whole wheat bread (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Honeydew melon *Sunflower seeds	Milk Banana bread	Carrot sticks Apple juice	Waffles Peanut butter	Tuna & cheese Pasta (pasta salad)

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.**

*Sunflower seeds can be a choking hazard for small children. Serve only when developmentally appropriate.

August 2024 E-Z MENU PLANNER

Week 2		Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Strawberries Wheaties (wg)	Milk Banana Whole wheat toast (wg)	Milk Cantaloupe Pancakes	Milk Pineapple Whole wheat toast (wg)	Milk Apple slices Wheaties (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Peaches Cottage Cheese	Apple slices Peanut butter	Mixed fruit juice Tortilla chips	Cantaloupe String cheese	Milk Whole wheat crackers (wg)
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ham & Cheese sandwich Corn Blueberries Whole wheat bread (wg)	Milk Ground beef (Sloppy Joes) Broccoli Strawberries Bun	Milk Chicken salad sandwich Carrot sticks Blueberries Whole wheat bread (wg)	Milk Scrambled eggs Broccoli Apple slices Pancakes	Milk Beef hot dogs French fries Pineapple Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks Banana slices	Cottage Cheese Peaches	String cheese Whole wheat crackers (wg)	Carrot sticks Peanut butter	Mixed fruit juice Tortilla chips

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Week 3		Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Wheat Chex (wg)	Milk Strawberries English muffins	Milk Apple Juice Wheat Chex (wg)	Milk Mixed Fruit French toast	Milk Mixed veggies Brown rice (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Vegetable *Grain *Meat/Alternate	Watermelon Graham crackers	Hummus (CN/HM) Mixed raw vegetables	Mixed fruit Cheese cubes (try kabobs)	Cabbage (coleslaw) Whole wheat crackers (wg)	English muffins Cheese Pizza sauce (English muffin pizzas)
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ground beef (spaghetti) Tomato sauce Nectarines Pasta	Milk Yogurt Celery sticks Mixed fruit Whole wheat crackers (wg)	Milk Ground beef (hamburgers) Tomato slices Cabbage (coleslaw) Buns	Milk Fish (store bought) Summer Squash Tomatoes Brown rice (wg)	Milk Fresh Italian sausage Potatoes Nectarines French toast
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Hummus (CN/HM) Mixed raw vegetables	Watermelon Graham crackers	English muffins Cheese Pizza sauce (English muffin pizzas)	Mixed fruit Cheese cubes (try kabobs)	Apple juice Yogurt

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Week 4		Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Strawberries Oatmeal Squares cereal (wg)	Milk Mixed berries Whole wheat toast (wg)	Milk Peaches Yogurt	Milk Strawberries Waffles	Milk Banana Oatmeal Squares cereal (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks Peanut butter	Apple slices Pretzels	Mixed berries Cheese cubes	Milk Ham & Cheese roll-up	Hard boiled eggs Blueberry muffins
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Ground Beef (tacos) Tomatoes & Lettuce Cantaloupe Taco shells	Milk Grilled cheese sandwich Lettuce salad Peaches w/yogurt Whole wheat bread (wg)	Milk Ham sandwich Baked Beans Apple slices Whole wheat bread (wg)	Milk Egg salad sandwich Tomatoes Mango Whole wheat bread (wg)	Milk Cheese pizza (CN or HM) Lettuce salad Mixed berries Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Apple slices Pretzels	Yogurt Cantaloupe	Carrot sticks Peanut butter	Bananas Blueberry muffins	Waffles Peanut butter

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Week 5		Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pineapple Yogurt	Milk Mixed vegetables Brown rice (wg)	Milk Banana slice Shredded wheat (wg)	Milk Honey dew melon Whole wheat toast (wg)	Milk Orange Juice Shredded wheat (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Banana slices Goldfish crackers	Orange juice Bagel	Milk Bread sticks	Broccoli (raw) Cheese cubes	Honey Dew melon Goldfish crackers
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Chicken stir fry Mixed veggies Blueberries Brown rice (wg)	Milk Refried beans & Cheese (burrito) Corn Watermelon Tortilla	Milk Beef hot dogs Broccoli Pineapple Bun	Milk Ground beef (spaghetti) Corn Tomato sauce Pasta	Milk Eggs (veggie omelet) Mixed veggies Potatoes Whole wheat toast (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk *Sunflower seeds	Mixed raw veggies Yogurt dip	Watermelon Goldfish crackers	Orange juice Bagel	Tomato sauce Bread sticks

***Sunflower seeds can be a choking hazard for small children. Serve only when developmentally appropriate.**

August 2024 Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
Milk	Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALTERNATES	Cheese Eggs Ground beef Refried beans Sunflower seeds Tuna Yogurt	Beef hot dogs (all meat) Cheese Chicken Cottage cheese Eggs Ground beef Ham Peanut butter String cheese	Cheese Ground beef Fish (store bought) Fresh Italian sausage Hummus (CN/HM) Yogurt	Cheese Cheese pizza (CN/HM) Eggs Ground beef Ham Peanut butter Yogurt	Beef hot dogs (all meat) Cheese Chicken Eggs Ground beef Refried beans Sunflower seeds Yogurt
FRUITS & VEGETABLES	Apple juice Bananas Bell peppers Blueberries Carrot sticks Honeydew melon Mixed veggies, raw Strawberries Summer squash Tomatoes Watermelon	Apples Bananas Blueberries Broccoli Cantaloupe Carrot sticks Corn French fries Mixed fruit juice (100 % juice) Peaches Pineapple Strawberries	Apple juice Bananas Cabbage Celery Mixed fruit Mixed veggies Nectarines Potatoes Strawberries Summer squash Tomatoes Tomato sauce Watermelon	Baked Beans Bananas Carrots Cantaloupe Lettuce Mango Peaches Mixed berries Peaches Strawberries tomatoes	Banana Blueberries Broccoli Corn Honey dew melon Mixed vegetables Orange juice Pineapple Potatoes Tomato sauce Watermelon
GRAINS & BREADS	Banana bread Buns Life cereal Pasta Waffles Whole wheat bread Whole wheat tortilla	Buns Wheaties Whole wheat bread Pancakes Tortilla chips Whole wheat crackers	Brown rice English muffins Graham crackers Wheat Chex Whole wheat crackers French toast	Blueberry Muffins Oatmeal Squares Cereal Pizza crust Pretzels Taco shells Waffles Whole wheat bread	Bagel Bread sticks Brown rice Buns Goldfish crackers Pasta Shredded wheat Tortilla Whole wheat bread

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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.