



July 2024

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.

July 2024 E-Z MENU PLANNER

Week 1		Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Strawberries Whole wheat toast (wg)	Milk Cantaloupe Banana bread	Milk Mixed fruit Yogurt	Milk Apple juice Kix (wg)	Milk Potatoes Eggs
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Watermelon Pretzels	Graham crackers Peanut butter	Apple juice Banana bread	Strawberries & Blueberries Yogurt	Milk Animal Crackers
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Hot Dogs (all meat) Cucumber slices Blueberries Buns	Milk Chicken Corn Watermelon Whole wheat bread (wg)	Milk Tuna & Cheese sandwich Lettuce salad Cantaloupe Whole wheat bread (wg)	Milk Hamburgers (ground beef) Baked beans Mixed Fruit Bun	Milk Grilled cheese sandwich Corn Blueberries w/yogurt Whole wheat bread (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Cucumber slices Apple juice	Strawberries Yogurt	Carrot sticks Deviled eggs	Cantaloupe Graham crackers	Cucumbers Mixed fruit

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.**

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Week 2		Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday June 12
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Peaches Yogurt	Milk Mixed berries Cheerios (wg)	Milk Bananas English Muffins	Milk Pineapple Whole wheat toast (wg)	Milk Cantaloupe Waffles
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Blueberry muffin	Broccoli String cheese	Cheerios (wg) Mixed nuts (trail mix)	Banana slices Graham crackers	Whole wheat crackers (wg) Yogurt
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Ham & Cheese Sandwich Broccoli Mixed berries Whole wheat bread (wg)	Milk Ground beef (sloppy Joes) Green beans Peaches Bun	Milk Yogurt Carrot sticks Pineapple Whole wheat crackers (wg)	Milk Ground beef (tacos) Lettuce & Tomato Broccoli Taco shells	Milk Chicken & Cheese (pasta salad) Tomato slices Peaches Pasta
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks String cheese	Milk Blueberry muffin	Cantaloupe Graham crackers	Cheerios (wg) Mixed nuts (trail mix)	Milk English Muffin

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Week 3		Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Strawberries Whole wheat toast (wg)	Milk Kiwi Bagel	Milk Mixed fruit juice Shredded wheat (wg)	Milk Tomato slices Eggs	Milk Mixed fruit Whole wheat toast (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Vegetable *Grain *Meat/Alternate	Mixed raw veggies Hummus (CN or HM)	Milk Goldfish crackers	Celery sticks Peanut butter	Mixed fruit juice Whole wheat toast (wg)	Tortilla chips (wg) Refried beans Salsa (tomatoes)
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Fish (store bought) Celery sticks Plums Whole wheat bread (wg)	Milk Egg salad sandwich Corn Blueberries Whole wheat bread (wg)	Milk Refried beans & cheese Tomato slices Watermelon Whole wheat tortilla (wg)	Milk Ground beef (hamburgers) Spinach salad Strawberries Buns	Milk Cheese Pizza (CN or HM) Mixed raw veggies Kiwi Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Mixed fruit juice (frozen juice pop) Goldfish crackers	Mixed raw veggies Hummus (CN or HM)	Egg salad Bagel	Refried beans Whole wheat tortilla (wg)	Watermelon Goldfish crackers

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Week 4		Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Bananas Whole wheat toast (wg)	Milk Mixed fruit French toast	Milk Orange juice Rice Krispies	Milk Pineapple Ham	Milk Cantaloupe Whole wheat toast (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Orange juice Pretzels	Bananas Peanut butter	Strawberries Biscuits	Cucumber slices Whole wheat crackers (wg)	Mixed fruit Cheese cubes
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Cheese (HM mac & cheese) Green beans Peaches/w cottage cheese Pasta	Milk Chicken Radishes Grapes Whole wheat bread (wg)	Milk Ham & cheese (chef salad) Lettuce Mixed fruit Whole wheat crackers (wg)	Milk Eggs Mixed veggies Cantaloupe Whole wheat toast (wg)	Milk Hot dogs (all meat) Carrot sticks Cucumber slices Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	*Grapes Cheese	Pineapple Cottage cheese	Peanut butter Bananas	Strawberries Biscuits	Milk Pretzels

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*** Whole grapes can be a choking hazard for young children. Be sure to cut into quarters when developmentally appropriate.**

Week 5		Monday 29	Tuesday 30	Wednesday 31	Thursday Aug. 1	Friday Aug. 2
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	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 *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	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)

*** Seeds may be a choking hazard for some children. Serve when developmentally appropriate.**

July 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 (all meat) Peanut butter Tuna Yogurt	Cheese Chicken Ground beef Ham Mixed nuts String cheese Yogurt	Cheese pizza (CN or HM) Eggs Ground beef Hummus (CN or HM) Peanut butter Refried beans	Cheese Chicken Cottage cheese Eggs Ham Hot dogs (all meat) Peanut butter	Cheese Eggs Ground beef Refried beans Sunflower seeds Tuna Yogurt
FRUITS & VEGETABLES	Apples juice Baked beans Blueberries Carrots Cantaloupe Corn Cucumbers Lettuce Potatoes Mixed fruit Strawberries Watermelon	Bananas Broccoli Cantaloupe Carrots Green beans Lettuce Mixed berries Peaches Pineapple Tomatoes	Blueberries Celery Corn Kiwi Mixed fruit Mixed fruit juice Mixed veggies, raw Plums Spinach, raw Strawberries Tomatoes Watermelon	Banana Cantaloupe Carrots Cucumbers Grapes Green beans Lettuce Mixed fruit Mixed vegetables Orange juice Peaches Pineapple Radishes Strawberries	Apple juice Bananas Bell peppers Blueberries Carrot sticks Honeydew melon Mixed veggies, raw Strawberries Summer squash Tomatoes Watermelon
GRAINS & BREADS	Animal crackers Banana bread Buns Graham crackers Kix cereal Pretzels Whole wheat bread	Buns Blueberry muffins Cheerios English Muffins Graham crackers Pasta Taco shells Whole wheat bread Whole wheat crackers Waffles	Bagel Buns Goldfish crackers Pizza crust Shredded wheat cereal Tortilla chips whole wheat bread Whole wheat tortilla	Biscuits Buns French toast Pasta Pretzels Rice Krispies Whole wheat bread Whole wheat crackers	Banana bread Bun Life cereal Pasta Waffles 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.