

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.

June 2024 E-Z MENU PLANNER

Week 1		Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Potatoes Eggs Tortilla (Breakfast wrap)	Milk Banana French toast	Milk Pineapple Yogurt	Milk Strawberries Whole wheat toast (wg)	Milk Potatoes Ham
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Pretzels Milk	Hummus (CN/HM) Whole wheat pita bread (wg)	Orange juice Bagel	Whole wheat crackers (wg) Ham slices	Milk Hardboiled egg slices
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Tuna & cheese sandwich Lettuce salad Strawberries Whole wheat pita bread (wg)	Milk Grilled ham & cheese sandwich Carrot sticks Corn Whole wheat bread (wg)	Milk Chicken Tacos Lettuce & tomatoes Avocado Whole grain taco shell (wg)	Milk Ground beef (spaghetti) Tomato sauce Cucumber slices Pasta	Milk Chicken Stir fry Mixed vegetables Apple slices Brown rice (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks Hummus (CN/HM)	Strawberries Pretzels	Cucumber slices Apple slices	Orange juice Bagel	Banana slices Yogurt

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.**

June 2024 E-Z MENU PLANNER

Week 2		Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Grain	Milk Bananas Cheerios (wg)	Milk Cantaloupe Whole wheat toast (wg)	Milk Banana English muffins	Milk Apple Slices Yogurt	Milk Mixed veggies Eggs (veggie scramble)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Cheese cubes & Mixed fruit (Kabobs)	Tortilla (wg) Refried beans & cheese (tortilla wrap)	Apple slices Peanut butter	Milk English Muffin	Mixed berry juice Almonds
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Refried beans & Cheese Corn Blueberries Whole wheat tortillas (wg)	Milk Egg salad sandwich Green beans Apple slices Whole wheat bread (wg)	Milk Hot dog (100% meat) Broccoli Carrot sticks Whole wheat bun (wg)	Milk Fish (store bought) Green Beans Corn Brown rice (wg)	Milk Ground beef (hamburgers) Broccoli Blueberries Whole wheat bun (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks Apple slices	Mixed berry juice Almonds	Cheerios (wg) Milk	Whole wheat toast Peanut butter	Apple Slices Yogurt

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Week 3		Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Grapes* Kix (wg)	Milk Mixed fruit Whole wheat toast (wg)	Milk Potatoes Ham	Milk Apple juice Kix (wg)	Milk Strawberries Cottage cheese
AM Snack	Serve 2 of the following: *Fluid Milk *Vegetable *Grain *Meat/Alternate	Apple juice Blueberry Muffins	Mixed vegetables Yogurt (Try using yogurt as dip.)	Graham crackers Strawberries	Sliced cucumbers Grapes	Apple slices Almond butter
Lunch	*Fluid Milk *Meat/Alternate *Vegetable *Fruit/Vegetable/Juice *Grain	Milk Grilled Tuna & cheese sandwich Green beans Mixed fruit Whole wheat bread (wg)	Milk Ham Cucumber slices Grapes Whole wheat bread (wg)	Milk Chicken Green beans Cherry tomatoes Quinoa (wg)	Milk Scrambled eggs Carrots Asparagus Pancakes	Milk Sloppy Joes (ground beef) Peas Strawberries Whole wheat bun (wg)
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Mixed vegetables Yogurt (Try using yogurt as dip.)	Milk Kix (wg)	Apple slices Almond butter	Strawberries Blueberry muffins	Milk Whole wheat toast with cinnamon (wg)

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

June 2024 E-Z MENU PLANNER

Week 4		Monday June 24	Tuesday June 25	Wednesday June 26	Thursday June 27	Friday June 28
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Mixed Fruit Whole wheat toast (wg)	Milk Honeydew melon Bagel	Milk Strawberries Oatmeal (wg)	Milk Mixed fruit Biscuits	Milk Potatoes Eggs (breakfast burrito) Whole wheat tortilla (wg)
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Hummus (CN or HM) Whole wheat crackers (wg)	Milk Sunflower seeds	Orange juice Bagel	Whole wheat toast (wg) Peanut butter	Banana bread Milk
Lunch	*Fluid Milk *Vegetable *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Milk Ground beef (spaghetti) Tomato sauce Peas Pasta	Milk Peanut butter sandwich Carrots Mixed fruit w/yogurt Whole wheat bread (wg)	Milk Scrambled Eggs Potatoes Blueberries Biscuits	Milk Ham and cheese (roll-up) Lettuce salad Carrots Whole wheat tortilla (wg)	Milk CN or HM Cheese Pizza Cucumber slices Mixed fruit Pizza crust
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Grain *Meat/Alternate	Carrot sticks Honeydew melon	Hummus (CN or HM) Whole wheat crackers (wg)	Carrot sticks Yogurt	Banana bread Milk	Whole wheat crackers (wg) Ham pieces

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June 2024 Shopping List

	Week 1	Week 2	Week 3	Week 4	
Milk	Milk	Milk	Milk	Milk	
MEAT/MEAT ALTERNATES	Cheese Chicken Eggs Ground beef Ham Hummus (CN/HM) Tuna Yogurt	Almonds Cheese Eggs Fish Ground beef Hot dogs (100% meat) Peanut butter Refried beans Yogurt	Almond butter Cheese Chicken Cottage cheese Eggs Ground beef Ham Tuna Yogurt	Cheese Cheese Pizza (CN/HM) Eggs Ham Ground beef Hummus (CN/HM) Peanut butter Yogurt Sunflower seeds	
FRUITS & VEGETABLES	Apples Avocado Banana Carrots Cucumbers Corn Lettuce Mixed vegetables Orange juice Tomato sauce Strawberries Tomatoes Pineapple Potatoes	Apples Bananas Blueberries Broccoli Cantaloupe Carrots Corn Green beans Mixed berry juice Mixed fruit Mixed vegetables	Apple juice Asparagus Carrots Cherry tomatoes Cucumbers Grapes Green beans Mixed fruit Mixed vegetables Peas Potatoes Strawberries	Blueberries Carrots Cucumbers Honeydew melon Lettuce Mixed fruit Orange juice Peas Potatoes Strawberries Tomato sauce	
GRAINS & BREADS	Bagel Brown Rice French toast Pasta Pretzels Whole wheat bread Whole wheat crackers Whole wheat pita bread Whole grain taco shell	Brown rice Cheerios English muffins Whole wheat bread Whole wheat tortilla Whole wheat buns	Blueberry muffins Graham crackers Kix Pancakes Quinoa Whole wheat bread	Bagel Banana bread Biscuits Oatmeal Pasta Pizza crust Whole wheat bread Whole wheat crackers 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.