

GVSU Children's Center  
 Allendale  
 Year:2009

Monday	Tuesday	Wednesday	Thursday
11/23/09	11/24/09	11/25/09	11/26/09

**Breakfast**

- 1.Fluid Milk
- 2.Fruit, vegetable or juice
3. Grain/bread
- Other/combination food

Milk	Milk	Milk	
<b>Apple Sauce</b>	<b>Fresh Fruit</b>	<b>Juice</b>	<b>CLOSED</b>
<b>Muffins</b>	<b>Pancakes</b>	<b>Cereal</b>	

**AM Snack(choose 2 of 4)**

1. Fluid Milk
2. Meat or Meat alternative
3. Fruit, vegetable or juice
4. Grain/bread

	Pumpkin Pudding		
<b>Juice</b>	<b>Milk</b>	<b>Milk</b>	<b>CLOSED</b>
	<b>Vanilla Pudding</b>	<b>Cupcakes</b>	
<b>Crackers</b>	<b>Graham Crackers</b>		

**Lunch**

1. Fluid Milk
2. Meat or Meat alternative
3. Fruit or vegetable
4. Fruit or vegetable
5. Grain/bread
- other/combination food

	Tripple Chz Mac	Fried Rice w/Chix	Finger Foods	
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	
<b>Cheese</b>	<b>Chicken</b>	<b>Bologna/Cheese</b>	<b>Bologna/Cheese</b>	<b>CLOSED</b>
<b>Carrots Sticks/Dip</b>	<b>Melon</b>	<b>Apples</b>	<b>Apples</b>	
<b>Apples</b>	<b>Snap Peas</b>	<b>Pineapple</b>	<b>Pineapple</b>	
<b>Pasta</b>	<b>Rice</b>	<b>Pretzels</b>	<b>Pretzels</b>	
<b>Breadstick</b>				

**PM Snack(choose 2 of 4)**

1. Fluid Milk
2. Meat or Meat alternative
3. Fruit vegetable or juice
4. Grain/bread

<b>Water</b>	<b>Milk</b>	<b>Milk</b>	
<b>Strawberry Yogurt</b>	<b>Brownies</b>	<b>Cereal</b>	<b>CLOSED</b>
<b>Berries</b>			

**Due to unforeseen events, menus may have to be changed without prior notice. Substitutions made will be comparable to what originally planned.**

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Menu prepared by: AM

Menu approved by: JMB/SA

Friday

11/27/09

<b>CLOSED</b>

<b>CLOSED</b>

<b>CLOSED</b>

<b>CLOSED</b>

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