

Month December Year 2017

Menu Record

*Skim milk provided for all children over the age of 2.

	DATE: 12/4/2017	DATE: 12/5/2017	DATE: 12/6/2017	DATE: 12/7/2017	DATE: 12/8/2017
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheat Apples	*Milk Blueberries WW Toast Butter	*Milk Bagels Cream Cheese Applesauce	*Milk Blueberry Muffins Bananas	*Milk Cereal- Cereal- Cheerios/ Shredded Wheat Oranges
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Vanilla yogurt Granola	*Milk Fresh mixed fruit salad	*Milk Pretzels	*Milk Cucumbers	*Milk Broccoli Ranch
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Grilled chicken southwest sandwich *Milk Grilled chicken Ww bun American cheese Bananas Roasted autumn vegetables- squash, Brussel sprouts and cauliflower	Shuka Quiche *Milk WW ½ Bread Egg, peppers and tomato sauce Feta cheese Apples Carrots	Breakfast *Milk Tomato, turkey bacon and grilled cheese Texas toast Garden vegetables Fruit salad	Pb & Jelly/ Honey *Milk Ww bread Cottage Cheese Apples Corn	Crispy Chicken Nuggets *Milk Chicken Nuggets California blend Vegetables Pears Cheese Cubes
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Animal Crackers	*Milk Pita and Hummus	*Milk Graham crackers Peaches	*Milk Carrots and Celery Hummus	*Milk Snack Mix Cheerios Dried Fruit Pretzels

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Site/Room GVSU CEC

Michigan Department of Education
Child and Adult Care Food Program



Month December Year 2017

Menu Record

*Skim milk provided for all children over the age of 2.

	DATE: 12/11/2017	DATE: 12/12/2017	DATE: 12/13/2017	DATE: 12/14/2017	DATE: 12/15/2017
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheat Apples	*Milk Bagels Cream cheese Applesauce	*Milk Oatmeal Bananas	*Milk Pears English muffins	*Milk Cereal- Cheerios/ Shredded Wheat Oranges
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Cheese and Crackers	*Milk Oranges	*Water Smoothie Yogurt Banana Berries	*Milk Cantaloupe	*Milk Cucumbers Ranch
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Turkey Dinner *Milk WW Bread Baked Turkey Mashed potatoes Green Bean Casserole	Grilled Cheese sandwiches *Milk WW bread Cheese slices Ginger honey glazed carrots Pears	Bow tie with Alfredo *Milk Grilled Chicken Bow tie pasta Alfredo pasta Southwest green beans Fresh fruit salad	Veggie Hash *Milk Sweet potato, black beans and mixed Veggies Oranges Corn	Pb & Jelly/ Honey Sandwiches *Milk Pb & Jelly/ honey Sandwiches Cottage cheese Green Beans Apples
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Peaches	*Milk Graham Crackers	*Milk Apples Peanut Butter	*Milk Carrots/Celery Humus	*Milk Rice Cakes

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