

Site/Room GVSU CEC

Michigan Department of Education  
Child and Adult Care Food Program



Month August - September Year 2017

## Menu Record

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

	DATE: 8/28/2017	DATE: 8/29/2017	DATE: 8/30/2017	DATE: 8/31/2017	DATE: 9/1/2017
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheat Apples	*Milk Applesauce Waffles	*Milk Mixed Berry Muffins Cantaloupe	*Milk Pears WW Toast Butter and Jelly	*Milk Cereal- Cereal- Cheerios/ Shredded Wheat Oranges
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Peaches	*Milk Cucumbers Ranch	Water Cheese cubes Crackers	*Water Vanilla yogurt Granola	*Milk Peanut Butter Honey Banana W.W. Wrap
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Gnocchi noodles *Milk Cream cheese tomato sauce and parmesan Bananas California blend	Grilled Cheese sandwiches *Milk WW Bread Sliced Cheese Apples Steamed Carrots	<b>Breakfast</b> *Milk Scrambled Eggs Turkey sausage patties O'Brien potatoes ½ ww toast Fruit salad	<b>Ground Turkey Goulash</b> *Milk Ww noodles Ground Turkey Tomato sauce Bananas Carrots and Brussel sprouts	<b>Mushroom Ravioli</b> *Milk Mushroom Ravioli Tomato sauce Fresh Broccoli Pineapple
<b>PM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Fresh Mixed Fruit	*Milk Snack Mix Cheerios Dried Fruit Pretzels	*Milk Animal Crackers	*Milk Oranges	*Milk Rice Cakes

### Non-Discrimination Statement

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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Month Sept. Year 2016

## Menu Record

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	DATE: 9/4/2016	DATE: 9/5/2017	DATE: 9/6/2017	DATE: 9/7/2017	DATE: 9/8/2017
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheats Apples	*Milk Bagels Cream cheese Cantaloupe	*Milk Waffles Applesauce	*Milk Oatmeal Pineapple	*Milk Cereal- Cheerios/ Shredded Wheats 100 % Apple Juice
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Oranges	*Milk Apples Peanut Butter	*Milk Broccoli Ranch	*Milk Peaches	*Water Smoothie Yogurt Banana Mixed Berries
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	<b>Mac N' Cheese</b> *Milk Ww noodles and Cheese Green beans and carrots Pineapple	<b>Cheese Pizza</b> *Milk Pizza crust Sliced cheese Fresh fruit salad Broccoli	<b>Breakfast</b> *Milk Scrambled Eggs ½ ww bread Cheese cubes Green beans Oranges	<b>Cheese Tortellini</b> *Milk Cheese Tortellini noodles Tomato sauce Honey glazed Carrots Apples	<b>Chicken BLT Sandwich</b> *Milk Baked Chicken parm Ww bun Lemon Broccoli Watermelon
<b>PM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Rice Cakes	*Milk Humus and Pita bread	*Milk Graham Crackers Fresh Pineapple	*Milk Pretzels	*Water Cheese cubes Crackers

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	DATE: 9/11/2017	DATE: 9/12/2017	DATE: 9/13/2017	DATE: 9/14/2017	DATE: 9/15/2017
<b>Breakfast</b> 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
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Humus and Pita bread	*Milk Oranges	*Water Smoothie Yogurt Banana Berries	*Milk Cantaloupe	*Milk Cucumbers Ranch
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	PB & J sandwich *Milk WW Bread PB/ Jelly/ Honey Pineapple Cottage cheese Peas and carrots	Grilled Cheese Ravioli *Milk cheese Ginger honey glazed carrots Mixed Italian Veggies	Chicken Taco *Milk Grilled Chicken Ww ½ taco Lettuce, shredded cheese and tomatoes Southwest green beans Fresh fruit salad	Chicken Tagine *Milk Baked Chicken Tagine Couscous Oranges Steamed green beans	Ground Turkey Pita *Milk Ground Turkey Pita With Sour Cream and Lettuce salsa Summer squash Apples
<b>PM Snack (serve 2 of 4)</b> 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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	DATE: 9/18/2017	DATE: 9/19/2017	DATE: 9/20/2017	DATE: 9/21/2017	DATE: 9/22/2017
<b>Breakfast</b> 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
<b>AM Snack (serve 2 of 4)</b> 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
<b>Lunch</b> 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	<b>Breakfast</b> *Milk Tomato, turkey bacon and grilled cheese Texas toast Garden vegetables Fruit salad	<b>Pb &amp; Jelly/ Honey</b> *Milk Ww bread Cottage Cheese Apples Corn	<b>Crispy Chicken Nuggets</b> *Milk Chicken Nuggets California blend Vegetables Pears Cheese Cubes
<b>PM Snack (serve 2 of 4)</b> 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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