

Michigan Department of Education
Child and Adult Care Food Program



Site/Room GVSU CEC

Month February Year 2017

Menu Record

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

	DATE: 2/6/2017	DATE: 2/7/2017	DATE: 2/8/2017	DATE: 2/9/2017	DATE: 2/10/2017
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 Applesauce Pancakes	*Milk Blueberry Muffins Cantaloupe	*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 Vanilla yogurt Granola	*Milk Peaches	*Milk Peanut Butter Honey Banana W.W. Wrap	*Milk Cucumbers Ranch	Water Cheese cubes Crackers
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Turkey BLT sandwich *Milk Turkey bacon Lettuce and tomato W biscuit Bananas Corn	Grilled Chicken wrap *Milk Grilled chicken Lettuce and shredded cheese Ww tortilla Sweet potato fries oranges	Mac N' Cheese *Milk Ww noodles cheese Mixed veggies Fruit salad	PB & J sandwich H.M. *Milk WW Bread PB/ Jelly/ Honey Apples Cottage cheese Carrots	Country Meatloaf *Milk Meatloaf Gravy Mashed Potatoes California blend Vegetables Ww toast
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Broccoli Ranch	*Milk Snack Mix Cheerios Dried Fruit Pretzels	*Milk Pears	*Milk Animal Crackers	*Milk Rice Cakes

Non-Discrimination Statement

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	DATE: 2/13/2017	DATE: 2/14/2017	DATE: 2/15/2017	DATE: 2/16/2017	DATE: 2/17/2017
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheats 100 % Apple Juice	*Milk Pancakes Applesauce	*Milk Bananas Muffins-blueberry	*Milk Oatmeal Pineapple	*Milk Cereal- Cheerios/ Shredded Wheats Apples
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Oranges	*Milk Apples Peanut Butter	*Milk HM ½ turkey wrap Ww Tortilla	*Milk Pretzels	*Water Cottage cheese Pineapple
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Turkey Burger *Milk Turkey Burger Ww bun Garden salad Pineapple	Grilled Cheese Sandwich *Milk ww. bread Sliced cheese Pears Broccoli	Breakfast *Milk Scrambled Eggs ½ ww bread Cheese cubes Home fries Oranges	Chicken Marsala *Milk Baked Chicken White rice carrots Apples	Baked breaded White Fish *Milk Baked breaded white fish Spanish rice Broccoli Mixed fruit salad
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Carrots and Celery Ranch	*Milk Animal Crackers	*Milk Humus and Pita bread	*Water Cheese cubes Crackers	*Milk Graham Crackers

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	DATE: 2/20/2017	DATE: 2/21/2017	DATE: 2/22/2017	DATE: 2/23/2017	DATE: 2/24/2017
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheat 100 % Apple Juice	*Milk Bagels Cream cheese Bananas	*Milk Oatmeal Apples	*Milk Applesauce Waffles	*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 cubes Crackers	*Milk Cucumbers Ranch	*Water Smoothie Yogurt Banana Berries Granola	*Milk Cantaloupe	*Milk Apples Peanut Butter
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Turkey Club Wrap *Milk Turkey & Lettuce Ww tortilla Oranges Tomato salad	Meatball sub *Milk Meatballs Ww sub bread Garden salad Pears	Baked Bbq chicken *Milk Baked bbq chicken ½ ww toast corn Fresh fruit salad	PB & J sandwich *Milk WW Bread PB/ Jelly/ Honey Pineapple Cottage cheese Peas and carrots	Baked Chicken and Cilantro Rice *Milk Baked chicken Peaches Sweet potato fries Cilantro rice
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 Humus and Pita bread	*Milk Carrots/Celery Humus	*Milk Rice Cakes	*Milk Animal Crackers

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	DATE: 2/27/2017	DATE: 2/28/2017	DATE: 3/1/2017	DATE: 3/2/2017	DATE: 3/3/2017
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/Shredded Wheat Apples	*Milk Bananas Bagels Cream Cheese	*Milk Pancakes Applesauce	*Milk Muffins- Blueberry 100 % Apple Juice	*Milk Cereal- Cheerios/ Shredded Wheat
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Cottage Cheese Pineapple	*Water Smoothie Yogurt Bananas Strawberries Granola	*Milk Broccoli Ranch	*Milk Peanut Butter Honey Banana W.W. Wrap	*Milk Snack Mix Cheerios Dried Fruit Pretzels
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Cheese Pizza *Milk Pizza crust Mozzarella cheese Banana Caesar salad	Red Beans and Rice *Milk Ww rice Red beans Shredded cheese ww Tortilla shell Carrots Pineapple	Breakfast *Milk Turkey sausage patty Home fries Scrambled eggs ½ Croissant Oranges	Turkey Chili *Milk Ground Turkey Beans and tomato mix Ww crackers Shredded cheese Corn Apples	PB & J sandwich H.M. *Milk WW Bread PB/ Jelly/ Honey Apples Cottage cheese Broccoli
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Carrots/Celery Humus	*Milk Graham Crackers	*Water Cheese cubes Crackers	*Milk Pita Humus	*Milk Rice Cakes

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