

Site/Room GVSU CEC

Michigan Department of Education  
Child and Adult Care Food Program



Month January Year 2017

## Menu Record

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

	DATE: 1/9/2017	DATE: 1/10/2017	DATE: 1/11/2017	DATE: 1/12/2017	DATE: 1/13/2017
<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 Applesauce Pancakes	*Milk Blueberry Muffins Cantaloupe	*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	*Water Vanilla yogurt Granola	*Milk Peaches	*Milk Peanut Butter Honey Banana W.W. Wrap	*Milk Cucumbers Ranch	Water Cheese cubes Crackers
<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 Tacos *Milk Grilled chicken Ww tortilla shell Bananas Lettuce and tomato Shredded cheese Corn	PB & J sandwich H.M. *Milk WW Bread PB/ Jelly/ Honey Apples Cottage cheese Carrots	Baked Chicken Cacciatore *Milk Baked chicken Roasted veggies ½ ww toast Fruit salad	Baked Chicken Biscuit Sandwich *Milk Baked chicken Biscuit Lettuce and tomato ranch apple sauce green beans	Country Meatloaf *Milk Meatloaf Gravy Mashed Potatoes California blend Vegetables Ww toast
<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 Pears	*Milk Snack Mix Cheerios Dried Fruit Pretzels	*Milk HM ½ turkey wrap Ww Tortilla	*Milk Animal Crackers	*Milk Rice Cakes

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	DATE: 1/16/2017	DATE: 1/17/2017	DATE: 1/18/2017	DATE: 1/19/2017	DATE: 1/20/2017
<b>Breakfast</b> 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
<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 Rice Cakes	*Milk Apples Peanut Butter	*Milk Broccoli Ranch	*Milk Pretzels	*Water Smoothie Yogurt Banana Mixed Berries Granola
<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	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 quesadillas *Milk Chicken, lettuce, cheese Ww Tortilla Steamed corn Apples	Baked Chicken Parmesan Sandwich *Milk Baked Chicken parm Ww bun Carrots Mixed fruit salad
<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 Oranges	*Milk Graham Crackers Pineapple	*Milk Humus and Pita bread	*Water Cheese cubes Crackers	*Milk Animal Crackers

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Month January Year 2017

## Menu Record

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

	DATE: 1/23/2017	DATE: 1/22/2017	DATE: 1/23/2017	DATE: 1/24/2017	DATE: 1/25/2017
<b>Breakfast</b> 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
<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 Cheese cubes Crackers	*Milk Cucumbers Ranch	*Water Smoothie Yogurt Banana Berries Granola	*Milk Cantaloupe	*Milk Apples Peanut Butter
<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>Chicken Marsala</b> *Milk White rice Chicken marsala Oranges Steamed green beans	<b>Turkey Mac N Cheese Bake</b> *Milk Shredded Turkey Mac N' cheese Garden salad Pears	<b>Chicken Stir Fry</b> *Milk Stir Fry Chicken Lo Mein Noodles Steamed garden blend vegetable Fresh fruit salad	<b>PB &amp; J sandwich</b> *Milk WW Bread PB/ Jelly/ Honey Pineapple Cottage cheese Peas and carrots	<b>Baked Chicken and Cilantro Rice</b> *Milk Baked chicken Peaches Sweet potato fries Cilantro rice
<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 Humus and Pita bread	*Milk Carrots/Celery Humus	*Milk Rice Cakes	*Milk Animal Crackers

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Month January/ February Year 2017

## Menu Record

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	DATE: 1/30/2017	DATE: 1/31/2017	DATE: 2/1/2017	DATE: 2/2/2017	DATE: 2/3/2017
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/Shredded Wheat Apples	*Milk Bananas Bagels Cream Cheese	*Milk Pancakes Applesauce	*Milk Muffins- Blueberry 100 % Apple Juice	*Milk Cereal- Cheerios/ Shredded Wheat
<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 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
<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>Cheese Pizza</b> *Milk Pizza crust Mozzarella cheese Banana Caesar salad	<b>Turkey and Bean Quesadilla</b> *Milk Ground Turkey Refried beans Shredded cheese ww tortilla Broccoli Salsa Pineapple	<b>Breakfast</b> *Milk Turkey bacon Home fries Scrambled eggs ½ ww toast oranges	<b>Turkey Chili</b> *Milk Ground Turkey Beans and tomato mix Ww crackers Shredded cheese corn Apples	<b>Mediterranean Chicken Breast</b> *Milk Grilled chicken Couscous oranges Steamed California blend
<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 Carrots/Celery Humus	*Milk Graham Crackers	*Milk Rice Cakes	*Milk Pita Humus	*Water Cheese cubes Crackers

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S:CACFP/Forms/Sample Menu Record 8-2013

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