

Michigan Department of Education

Site/Room GVSU CEC

Child and Adult Care Food Program

Month October Year 2016**Menu Record**

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

	DATE: 10/3/2016	DATE: 10/4/2016	DATE: 10/5/2016	DATE: 10/6/2016	DATE: 10/7/2016
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 Cantaloupe	*Milk Oatmeal 100 % Apple Juice	*Milk Bananas 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 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	Chicken Marsala *Milk White rice Chicken marsala Oranges Steamed green beans	Turkey Mac N Cheese Bake *Milk Shredded Turkey Mac N' cheese Mixed Italian Veggies Bananas	Chicken Stir Fry *Milk Stir Fry Chicken Lo Mein Noodles Steamed garden blend vegetable 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 Steamed broccoli 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 Fresh Peaches	*Milk Oranges	*Milk Carrots/Celery Humus	*Milk Rice Cakes	*Milk Humus and Pita bread

Non-Discrimination Statement

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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, 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.

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).

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	DATE: 10/10/2015	DATE: 10/11/2016	DATE: 10/12/2016	DATE: 10/13/2016	DATE: 10/14/2016
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ R. Krispies Apples	*Milk Bananas Bagels Cream Cheese	*Milk Oatmeal 100 % Apple Juice	*Milk Applesauce Muffins- Blueberry	*Milk Cereal- Cheerios/ R. Krispies Oranges
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Smoothie Yogurt Bananas Strawberries Granola	*Milk Carrots/Celery Humus	*Water Cottage Cheese Fresh Pineapple	*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	Turkey and Bean Quesadilla *Milk Ground Turkey Refried beans Shredded cheese ww tortilla Broccoli Salsa Oranges	Breakfast *Milk Turkey bacon Home fries Scrambled eggs ½ ww toast oranges	Chicken Tikka Masala *Milk Chicken Masala Curry potatoes Almond jasmine rice Apples	Mediterranean Chicken Breast *Milk Grilled chicken Couscous Cantaloupe and Honeydew Melon Steamed California blend
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Fresh Cantaloupe	*Milk Graham Crackers Fresh Pineapple	*Milk Rice Cakes	*Milk Broccoli Ranch	*Water Cheese cubes Crackers

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

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	DATE: 10/17/2016	DATE: 10/18/2016	DATE: 10/19/2016	DATE: 10/20/2016	DATE: 10/21/2016
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheat Apples	*Milk Blueberries Oatmeal	*Milk Applesauce Pancakes	*Milk Blueberry Muffins Cantaloupe	*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 Peaches	*Water Cheese cubes Crackers	*Milk Cucumbers Ranch	*Milk Peanut Butter Honey Banana W.W. Wrap
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 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 Peas and carrots	Country Meatloaf *Milk Meatloaf Gravy Mashed Potatoes California blend Vegetables
PM Snack (serve 2 of 4) 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 HM ½ turkey wrap Ww Tortilla	*Milk Oranges	*Milk Rice Cakes

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	DATE: 10/24/2016	DATE: 10/25/2016	DATE: 10/26/2016	DATE: 10/27/2016	DATE: 10/28/2016
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Shredded Wheats Apples	*Milk Pancakes Applesauce	*Milk Bananas Muffins-blueberry	*Milk WW Toast Butter Pineapple	*Milk Cereal- Cheerios/ Shredded Wheats 100 % Apple Juice
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Rice Cakes	*Milk Apples Peanut Butter	*Milk Fresh Mixed Fruit	*Milk Pretzels	*Water Smoothie Yogurt Banana Mixed Berries Granola
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 Steamed California Blend Pineapple	Grilled Cheese Sandwich *Milk ww. bread Sliced cheese Fresh fruit salad 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 Watermelon
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Oranges	*Milk Graham Crackers Fresh Pineapple	*Milk Humus and Pita bread	*Water Cheese cubes Crackers	*Milk Broccoli Ranch

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