

Site/Room GVSU CEC

Michigan Department of Education  
Child and Adult Care Food Program



Month July Year 2019

## Menu Record

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

|   | DATE: 7/22/2019  | DATE: 7/23/2019  | DATE: 7/24/2019  | DATE: 7/25/2019  | DATE: 7/26/2019   |
|---|--|--|--|--|---|
| <b>Breakfast</b><br>1. Fluid Milk<br>2. Fruit, Vegetable, or Juice<br>3. Grain/Bread<br>Other/Combination Foods   | *Milk<br>Cereal –Cheerios and<br>Chex<br>Grapes  | *Milk<br>Bagels<br>Cream Cheese<br>Bananas   | *Milk<br>Muffins<br>Peaches  | *Milk<br>Pancakes<br>Applesauce  | *Milk<br>Cereal –Cheerios<br>and Chex<br>Strawberries   |
| <b>AM Snack (serve 2 of 4)</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Fruit, Vegetable, or Juice<br>4. Grain/Bread                           | *Water<br>Crackers<br>Cheese slices  | *Milk<br>Raisins<br>Graham Crackers  | *Milk<br>Trail Mix- cheerios,<br>Dried Cranberries, and<br>Pretzels                              | *Milk<br>Pretzels<br>Peanut Butter   | *Milk<br>Bell Peppers and<br>humus  |
| <b>Lunch</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Fruit or Vegetable<br>4. Fruit or Vegetable<br>5. Grain/Bread<br>Other/Combination Foods | <b>Breakfast H.M.</b><br>*Milk<br>Turkey bacon<br>Ww biscuit<br>Scrambled Eggs<br>Mixed Veggies<br>Blueberries | <b>Peanut Butter and<br/>Jelly/Honey sandwiches<br/>H.M.</b><br>*Milk<br>Ww bread<br>Jelly/ honey<br>Peanut butter<br>Cheese Sticks<br>Corn<br>Oranges | <b>Baked chicken<br/>sandwich H.M.</b><br>*Milk<br>Ww bun<br>Chicken patty<br>Broccoli<br>Apples | <b>Grilled Cheese sandwich<br/>H.M.</b><br>*Milk<br>Ww Bread<br>Sliced Cheese<br>Green Beans<br>Watermelon | <b>Walking Tacos H.M.</b><br>*Milk<br>Ground Turkey<br>Cornbread muffins<br>Salsa<br>Lettuce<br>Frito chips<br>Pears Peas |
| <b>PM Snack (serve 2 of 4)</b><br>1. Fluid Milk<br>2. Meat or Meat Alternate<br>3. Fruit, Vegetable, or Juice<br>4. Grain/Bread                           | *Milk<br>Trail Mix   | *Milk<br>Rice Cakes  | *Milk<br>Ww Goldfish and<br>Farmer's market snack  | *Milk<br>Chips and Salsa   | *Milk<br>Animal Crackers  |

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

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