

Michigan Department of Education

Site/Room GVSU CEC

Child and Adult Care Food Program

Month October/ November Year 2016**Menu Record**

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

	DATE: 10/31/2016	DATE: 11/1/2016	DATE: 11/2/2016	DATE: 11/3/2016	DATE: 11/4/2016
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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	DATE: 11/7/2015	DATE: 11/8/2016	DATE: 11/9/2016	DATE: 11/10/2016	DATE: 11/11/2016
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 Rice Cakes	*Milk Broccoli Ranch	*Milk Graham Crackers Fresh Pineapple	*Water Cheese cubes Crackers

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

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	DATE: 11/14/2016	DATE: 11/15/2016	DATE: 11/16/2016	DATE: 11/17/2016	DATE: 11/18/2016
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: 11/21/2016	DATE: 11/22/2016	DATE: 11/23/2016	DATE: 11/24/2016	DATE: 11/25/2016
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		
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	CEC is closed	CEC is closed
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	For	For
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	Thanksgiving	Thanksgiving

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