

Site/Room GVSU CEC

Michigan Department of Education
Child and Adult Care Food Program



Month November Year 2019 –week 3

Menu Record

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

	DATE: 11/4/2019	DATE: 11/5/2019	DATE: 11/6/2019	DATE: 11/7/2019	DATE: 11/8/2019
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal –Cheerios and Chex 100% Apple Juice	*Milk Mini pancakes Applesauce	*Milk Mixed berry muffins Mixed melon	*Milk ½ ww toast Jelly or butter Pears	*Milk Cereal –Cheerios and Chex ½ cut grapes
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Pretzels and Peanut butter	*Water ½ banana Vanilla yogurt Granola	*Milk Carrots and bell Peppers Hummus	*Water Cottage cheese Apple slices	*Milk Graham crackers and dried cranberries
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Honey BBQ Turkey *Milk Honey Bbq Turkey Breast ½ ww Toast Peaches Steamed Green Beans	Turkey Meat Ball Sub *Milk Turkey Meat Balls Tomato Sauce Ww Sub Roll Veggie Medley Tatter Tots	Pb & Jelly or Honey Sandwich H.M. *Milk Pb & Jelly or Honey ½ ww bread Corn Peaches Cottage Cheese	Grilled Chicken sandwich *Milk Grilled Chicken Breast Ww Bun Honey Glazed Carrots Oranges	Crispy Chicken Tenders *Milk Crispy Chicken Tenders Almond Green Beans French Fries
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Crackers Cheese slices	*Milk Carrots & celery Ranch	*Milk Animal crackers	*Milk Fresh broccoli Ranch	*Milk Rice cakes

Non-Discrimination Statement

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Michigan Department of Education
Child and Adult Care Food Program



Month November Year 2019 –week 4

Menu Record

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

	DATE: 11/11/2019	DATE: 11/12/2019	DATE: 11/13/2019	DATE: 11/14/2019	DATE: 11/15 /2019
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal –Cheerios and Chex Apples	*Milk Bagels Cream cheese Or butter 100% orange juice	*Milk Mini waffles Applesauce	*Milk Oatmeal Mixed melon	*Milk Cereal –Cheerios and Chex Oranges
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Pretzels and Raisins	*Milk Fresh Broccoli Ranch	*Milk Peanut Butter Crackers	*Water Vanilla Yogurt- Mixed Fruit Smoothies Granola	*Milk Graham Crackers Dried Cranberries
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Breaded Chicken and Waffles *Milk Breaded chicken Ww Waffles Peaches Steamed Carrots	Baked Fish Tacos *Milk Baked Pollock ww Tortilla Salsa, Lettuce and Tomato Spanish Rice Banana Peas	Cheese Pizza *Milk Shredded Cheese Pizza Crust Tomato Sauce Corn Fresh pears	Turkey Hotdogs *Milk Turkey Hot Dogs Ww Buns Apples Yellow Summer Squash	Pb & Jelly or Honey Sandwich H.M. *Milk Pb & Jelly or Honey ½ ww bread Corn Peaches Cottage Cheese
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Cucumbers Cheese slices	*Milk Chips and Salsa	*Milk Goldfish crackers	*Milk Carrots & bell pepper Slices Hummus	*Milk Rice cakes

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Michigan Department of Education
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Month November Year 2019 – week 1

Menu Record

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	DATE: 11/18/2019	DATE: 11/19/2019	DATE: 11/20/2019	DATE: 11/21/2019	DATE: 11/22/2019
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal –Cheerios and Chex Apples	*Milk Pancakes Applesauce	*Milk Mixed Berry Muffins Mixed Melon	*Milk ½ ww Toast Butter and Jelly Pears	*Milk Cereal –Cheerios and Chex 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 Teddy Grahams Raisins	*Milk Goldfish Crackers	*Milk Crackers Apple slices	*Water Cottage Cheese Canned peaches	*Milk ½ Turkey Wraps Ww Tortilla Sliced Turkey
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Grilled Cheese Sandwiches *Milk Sliced Cheese ww Bread Mixed Melon Steamed Green Beans	Cheese Pizza *Milk Cheese Pizza Marina Sauce Pineapple Steamed Corn	Chicken Masala *Milk Chicken Strip Basmati Rice Steamed Broccoli Peaches	Turkey Burgers *Milk Tukey Burger ww Bun Mixed Garden salad – tomato, bell pepper, cucumbers and shredded carrots Ranch Apples	Cheesey Turkey Breast *Milk Cheesey Turkey Breast Corn bread Stuffing Oranges Broccoli
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Animal crackers	*Milk Chips and Salsa	*Milk Graham crackers Grapes- Cut in half	*Water Pretzels Cheese Slices	*Milk Rice cakes

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Site/Room GVSU CEC

Month November Year 2019 –week 2

Menu Record

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

	DATE: 11/25/2019	DATE: 11/26/2019	DATE: 11/27/2019	DATE: 11/28/2019	DATE: 11/29/2019
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal –Cheerios and Chex Pineapple	*Milk English muffins Butter and jelly Mixed melon	*Milk Mini waffles Applesauce		
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- mixed Fruit smoothies Granola	*Milk Fresh broccoli and Carrots Ranch	*Milk Peanut butter and Banana Wraps- ½ ww Tortilla	Thanksgiving	Break
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 Sandwich *Milk Grilled Chicken Ww Bun Peaches Steamed Peas	Turkey Sub Sandwich *Milk Sliced turkey- Lettuce, tomato, and American cheese Ww Sub Roll Orange slices Steams Carrots	Turkey Hot Dogs *Milk Turkey Hot Dogs ww Bun Grapes- cut in half California blend	CEC Closed	CEC Closed
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Chips and Salsa	*Milk Goldfish Crackers	*Milk Graham Crackers and Dried Cranberries		

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