

Site/Room GVSU CEC

Michigan Department of Education
Child and Adult Care Food Program



Month October Year 2018 – week 3

Menu Record

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

	DATE: 10/1/2018	DATE: 10/2/2018	DATE: 10/3/2018	DATE: 10/4/2018	DATE: 10/5/2018
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 Raisins, Celery and Peanut Butter- ants on a log	*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	Honey BBQ Turkey *Milk Honey Bbq Turkey ½ ww toast Mixed melon Steamed green beans	Turkey Meatballs *Milk Turkey meatballs Marina sauce ½ ww rolls Pineapple Vegetable medley	Quicheadilla *Milk Mixed veggies, shredded cheese and eggs ww tortilla Mashed potatoes Peaches	Turkey Burgers *Milk Tukey Burger ww bun Mixed Garden salad – tomato, bell pepper, cucumbers and shredded carrots Ranch Apples	Crispy Chicken Tenders *Milk Crispy chicken Tenders Oranges Corn
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

Non-Discrimination Statement

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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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Michigan Department of Education

Site/Room GVSU CEC

Child and Adult Care Food Program

Month October Year 2018 –week 4**Menu Record**

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

	DATE: 10/8/2018	DATE: 10/9/2018	DATE: 10/10/2018	DATE: 10/11/2018	DATE: 10/12/2018
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	*Milk Bagels Cream cheese or butter 100% Orange juice	*Milk Cereal –Cheerios and Chex Apples
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 Graham crackers and dried cranberries	*Milk Cucumbers Turkey slices	*Milk Pretzels ½ banana
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Baked Chicken *Milk Baked Chicken with balsamic ferro and kale Peaches Steamed peas	Fish Tacos *Milk Baked fish Ww tortilla Mexican rice Orange slices Ginger honey glazed carrots	Grilled Chicken sandwich *Milk Grilled Chicken ww bun Oranges Sugar snap and garden peas	Cheese Pizza *Milk Cheese Pizza sauce Pizza dough Apples Green Beans	Grilled Cheese *Milk Grilled cheese Ww bread Sautéed corn, tomato and bell peppers Pears
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 Peanut butter and banana wraps- ½ ww tortilla	*Milk Pita bread Hummus	*Milk Animal Crackers

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Site/Room GVSU CEC

Michigan Department of Education
Child and Adult Care Food Program



Month October Year 2018 –week 1

Menu Record

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

	DATE: 10/15/2018	DATE: 10/16/2018	DATE: 10/17/2018	DATE: 10/18/2018	DATE: 10/19/2018
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	Chicken cobb wrap *Milk Chicken cobb Lettuce Shredded cheese Ww tortilla Peaches Steamed broccoli	Chicken and Turkey bacon panini *Milk Chicken and turkey bacon Panini bread Pineapple Mixed garden salad – tomato, bell pepper, cucumbers and shredded carrots Ranch	Pb & Jelly or Honey Sandwich H.M. *Milk Pb & Jelly or Honey ½ ww bread Corn Peaches Cottage Cheese	Grilled Chicken *Milk Grilled Chicken Bruschetta bread Tomato sauce on side Oranges Green Beans	Cheese Lasagna *Milk Cheese Tomato sauce Lasagna noodles Steamed carrots Apples
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

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Michigan Department of Education
Child and Adult Care Food Program

Site/Room GVSU CEC

Month October Year 2018 –week 2

Menu Record

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

	DATE: 10/22/2018	DATE: 10/23/2018	DATE: 10/24/2018	DATE: 10/25/2018	DATE: 10/26/2018
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	Grilled Chicken Sandwich *Milk Grilled chicken Ww bun Peaches Sweet potato fries	Three Cheese Penne Pasta *Milk Three cheese penne ww pasta Banana Peas	Chicken Tacos *Milk Chicken Tacos Ww tortillas Cilantro brown rice Black bean salsa (side) Lettuce Cheese Corn Fresh pears	Turkey Hotdogs *Milk Turkey hot dogs Ww buns Apples Roasted brussel sprouts and carrots	Roasted Turkey *Milk Roasted Turkey Turkey Gravy Blue cheese mashed potatoes ½ ww toast Peaches
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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Child and Adult Care Food Program



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Month October- November Year 2018 -
week 3

Menu Record

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	DATE: 10/29/2018	DATE: 10/30/2018	DATE: 10/31/2018	DATE: 11/1/2018	DATE: 11/2/2018
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 Raisins, Celery and Peanut Butter- ants on a log	*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	Honey BBQ Turkey *Milk Honey Bbq Turkey ½ ww toast Mixed melon Steamed green beans	Turkey Meatballs *Milk Turkey meatballs Marina sauce ½ ww rolls Pineapple Vegetable medley	Quicheadilla *Milk Mixed veggies, shredded cheese and eggs ww tortilla Mashed potatoes Peaches	Turkey Burgers *Milk Tukey Burger ww bun Mixed Garden salad – tomato, bell pepper, cucumbers and shredded carrots Ranch Apples	Crispy Chicken Tenders *Milk Crispy chicken Tenders Oranges Corn
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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