

Site/Room GVSU CEC

Michigan Department of Education
Child and Adult Care Food Program



Month August Year 2019 – week 1

Menu Record

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

	DATE: 8/26/2019	DATE: 8/27/2019	DATE: 8/28/2019	DATE: 8/29/2019	DATE: 8/30/2019
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 Breast *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

Non-Discrimination Statement

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Michigan Department of Education

Site/Room GVSU CEC

Child and Adult Care Food Program

Month September Year 2019 –week 2**Menu Record**

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

	DATE: 9/2/2019	DATE: 9/3/2019	DATE: 9/4/2019	DATE: 9/5/2019	DATE: 9/6/2019
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	*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	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	Beef Goulash *Milk Ww rice Goulash- Beef, mixed vegetables and tomato sauce Apples Green Beans	Chicken Jambalaya *Milk Chicken Ww rice tomato and bell peppers Sugar Snap Peas 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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Rev. 8/2013

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Michigan Department of Education
Child and Adult Care Food Program



Month September Year 2019 -week 3

Menu Record

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

	DATE: 9/9/2019	DATE: 9/10/2019	DATE: 9/11/2019	DATE: 9/12/2019	DATE: 9/13/2019
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

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Rev. 8/2013

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Michigan Department of Education
Child and Adult Care Food Program



Month September Year 2019 –week 4

Menu Record

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	DATE: 9/16/2019	DATE: 9/17/2019	DATE: 9/18/2019	DATE: 9/19/2019	DATE: 9/20 /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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Month September Year 2019 – week 1

Menu Record

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	DATE: 9/23/2019	DATE: 9/24/2019	DATE: 9/25/2019	DATE: 9/26/2019	DATE: 9/27/2019
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 Breast *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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Month September - October Year 2019 -week 2

Menu Record

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

	DATE: 9/30/2019	DATE: 10/1/2019	DATE: 10/2/2019	DATE: 10/3/2019	DATE: 10/4/2019
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	*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	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	Beef Goulash *Milk Ww rice Goulash- Beef, mixed vegetables and tomato sauce Apples Green Beans	Chicken Jambalaya *Milk Chicken Ww rice tomato and bell peppers Sugar Snap Peas 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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