

Site/Room GVSU CEC  
 Month August 2023

Michigan Department of Education  
 Child and Adult Care Food Program



**Menu Record - Week 1**

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

	DATE: 08/21/2023	DATE: 08/22/2023	DATE: 08/23/2023	DATE: 08/24/2023	DATE: 08/25/2023
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Chex Apple sauce	*Milk Oatmeal Pears	*Milk Pancakes Pineapple	*Milk W.G bagels Cream cheese or Butter Orange Slices	*Milk Cereal- Cheerios/ Chex Peaches
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Pretzels Peanut butter	*Milk Pita Wedges Hummus	*Milk Graham Crackers Craisins	*Milk Apples Peanut butter	*Milk W.G. Ritz crackers Sliced cheddar Cheese
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Loaded Philly Tots *Milk -Tater Tots -Philly Cheese steak -Cheese sauce Green Beans Sliced Oranges	Turkey and Spinach Wraps *Milk Broccoli Potato Chips Grapes (Halved)	Cheese Quesadilla *Milk Cooked Carrots Honeydew Melon	Alfredo Pasta with Italian Sausage *Milk Carrots Apple Slices	Laker Bowls *Milk Popcorn Chicken Mashed Potatoes Corn Gravy Bananas
<b>PM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Goldfish	*Milk Tortilla Chips Salsa	*Milk Snack Mix -Dried Fruit -Pretzels -Cheerios	*Milk PB&J rollup	*Milk Pretzels Peaches

W.G. = Whole Grain H.M. = Home Made

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Michigan Department of Education  
Child and Adult Care Food Program

Site/Room GVSU CEC

Month August 2023

**Menu Record- Week 2**

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

	DATE: 08/28/2023	DATE: 08/29/2023	DATE: 08/30/2023	DATE: 08/31/2023	DATE: 09/01/2023
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/ Chex Pears	*Milk Oatmeal Mandarin Oranges	*Milk Pancakes Applesauce	*Milk Waffles Pineapple	*Milk Cereal- Cheerios/ Chex Peaches
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Animal Crackers	*Water Ham and cheese tortilla wrap	*Water Vanilla Yogurt Granola	*Milk Cucumbers Ranch Crackers	*Milk Apple slices Graham Crackers
<b>Lunch</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Four Cheese Paninis *Milk ½ sandwich Broccoli Grapes (Halved)	Mac and Cheese *Milk Cauliflower Cantaloupe	Cheeseburgers *Milk Celery Sticks Potato Chips Sliced Apples	Shredded BBQ chicken *Milk ½ sandwich Italian Blend Veg Bananas	Crispy Asiago Chicken *Milk Rice Garden Salad -carrots, lettuce, and cheese (small amounts) Ranch (2) Sliced Oranges
<b>PM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Milk Tortilla Chips Salsa	*Milk Goldfish	*Milk Snack Mix -Dried Fruit -Pretzels -Cheerios	*Milk Mini PB&J's	*Water W.G. Crackers Sliced Cheddar cheese

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