

Site/Room GVSU CEC

Month September 2023

Michigan Department of Education  
Child and Adult Care Food Program



**Menu Record - Week 3**

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

	DATE: 09/04/2023	DATE: 09/05/2023	DATE: 09/06/2023	DATE: 09/07/2023	DATE: 09/08/2023
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Cheerios/Chex Applesauce	*Milk Yogurt Parfaits Peaches	*Milk Pancakes Pineapple	*Milk W.G bagels Cream Cheese or butter Pears	*Milk Cereal- Cheerios/ Chex Cantaloupe
<b>AM Snack (serve 2 of 4)</b> 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	*Water Pretzels Peanut Butter	*Milk Pita Wedges Hummus	*Milk Graham crackers Craisins	*Milk Ants on a log -Celery Sticks -Peanut butter -Raisins	*Milk Chocolate grahams Bananas
<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	Beef Tacos *Milk -lettuce -cheese -tomatoes (smaller amounts) Sliced Apples	Crispy Chicken Sandwiches *Milk ½ sandwich Waffle Fries Mixed Veg Bananas	Meatloaf *Milk Roll Celery sticks Sliced Oranges	Marinara pasta with Chicken *Milk Cali blend Honeydew Melon	Cheese Pizza *Milk Garden Salad -carrots, cucumbers, cheese, (small amounts please), ranch (2) Grapes (halved)
<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 W.G. Goldfish Crackers	*Milk Tortilla chips Salsa	*Milk Snack Mix -Dried fruit -pretzels -cheerios	*Milk W.G. Crackers Pineapple	*Milk Pretzels Peaches

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

**Non-Discrimination Statement**

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Month September Year 2023

Michigan Department of Education  
Child and Adult Care Food Program



**Menu Record - Week 4**

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

	DATE: 09/11/2023	DATE: 09/12/2023	DATE: 09/13/2023	DATE: 09/14/2023	DATE: 09/15/2023
<b>Breakfast</b> 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	*Milk Cereal- Chex/Cheerios 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	*Milk Apple 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	Crispy Teriyaki Chicken *Milk Rice Corn Sliced Oranges	Meat Lasagna *Milk Vegetable Medley Grapes (Halved)	Turkey and Cheese Panini *Milk ½ sandwich Cucumbers Cantaloupe	Cheeseburgers *Milk ½ sandwich Italian Veg Blend Shoestring fries Sliced Apples	Cheese Pizza *Milk Garden salad -Cheese, cucumbers, Carrots (smaller amounts), ranch (2) Pineapple
<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 W.G. Goldfish Crackers	*Milk Snack Mix -Dried Fruit -Pretzels -Cheerios	*Milk Mini PB&J's	*Water W.G. Crackers Sliced cheddar cheese

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