

Michigan Department of Education
Child and Adult Care Food Program

Site/Room _____ Day Care Plus _____ Menu 3 _____

Month September Year 2016

Menu Record

	DATE: 19	20	21	22	23
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Cheerios or Corn Chex Cereal Milk Bananas	Oatmeal Milk Apple sauce	Bagel Cheese Milk Apple sauce	Cinnamon Toast Crunch Cereal or Cheerios Blue Berries Milk	Waffles Apple sauce Milk
AM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread					
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Eggs and French Toast Cottage Fries Pears Milk	Macaroni Ground beef & Tomato sauce Oranges Milk	BBQ Chicken Bun Apple sauce Green Beans Milk	Turkey Kielbasa Roll Corn Peaches Milk	Shredded Pork Mac & Cheese Peas Apples Milk
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Graham Crackers and Milk	Cheese Wheat Cracker Water	Pretzel and Apple Juice	Apple Slices And Animal crackers Water	Goldfish Ham Water

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