



Mid Michigan
Child Care Food Program
Mid Michigan Child Care Centers, Inc.
P.O. Box 610 • Freeland, MI 48623
(989) 695-2683 • 1-800-PIC-FOOD
Fax (989) 695-5488

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READY MADE REGULAR MENU

REMINDERS

- Peas must be "dry" to be creditable as a meat/meat alternate.
- Fluid milk must be served at Breakfast, Lunch & Supper.
- Be sure to write H.M. (Homemade) or S.D. (Side Dish) where applicable on the menu. • Serve a variety of foods.
- Always write the specific type of cereal, cracker & 100% juice.

Month September Year 2007 License # DG00001234
I certify that this menu actually reflects the foods served this month. Xia Smith
Signature

Record All Substitutions: Cross off food not served and write in substitution

Serve Variety!

DAY <u>Monday</u>	DAY <u>Tuesday</u>	DAY <u>Wednesday</u>	DAY <u>Thursday</u>	DAY <u>Friday</u>	DAY <u>Saturday</u>	DAY <u>Monday</u>
DATE <u>9/3</u>	DATE <u>9/4</u>	DATE <u>9/5</u>	DATE <u>9/6</u>	DATE <u>9/7</u>	DATE <u>9/8</u>	DATE <u>9/10</u>

Breads/Grains
Enriched or whole grain
• Bread
• Cereal
• Pasta
• Rice

Juice at Snack
Juice may not be served at snack if milk is the only other food

Meat or Meat Alternate
• Lean Meat
• Fish
• Poultry
• Cheese
• Cottage Cheese
• Egg
• Yogurt
• Cooked or Dry Beans or Peas
• Peanut Butter
• Nut or Soy Butters
• Nuts & Seeds
No more than 50% at Lunch or Supper

BREAKFAST							
Fruit, Vegetable or 100% Juice	Peaches	Fruit Cocktail	Apple Sauce	Bananas S.D.	Apples	Peaches	Orange
Breads/Grains	Cereal <u>Wheaties</u>	French Toast	Toast	Cereal <u>Kix</u>	Bagel	Waffle	Oatmeal
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
A.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate			Cottage Cheese				Yogurt
Fruit or Vegetable		Grapes	Pears		100% Juice <u>Apple</u>		Peaches
Breads/Grains	Crackers <u>Ritz</u>	Crackers <u>goldfish</u>		Vanilla Wafers	Pretzels	Poptart	
Fluid Milk	Milk			Milk		Milk	<u>milk</u>
LUNCH							
	<u>Grilled Cheese Sandwich</u>			<u>Spaghetti</u>			<u>Turkey Sandwich</u>
Meat/Meat Alternate	Cheese	Fish Sticks	Bologna	Ground Beef	Chicken Nuggets	Food <u>Turkey</u>	Turkey
Fruit or Vegetable	Apples	Pears <u>Cucumber</u>	Grapes <u>Apples</u>	Lettuce Salad	French Fries	Carrots	Pickles
Fruit or Vegetable	Tomato Soup	Fruit Cocktail	Carrots & Celery	Peaches	Pears	Apple Sauce	Corn
Breads/Grains	Bread	Roll	Bread	Noodles	Roll	Bread	Bun
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
P.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate	<u>Yogurt</u> <u>Cheese</u>			Cheese			Peanut Butter
Fruit, Vegetable or 100% Juice	<u>Carrots</u>		100% Juice <u>Orange</u>		Banana		Apple
Breads/Grains	<u>club crackers</u>	<u>Cookie</u> <u>Doritos</u>	Toast	Bagel		<u>Rice Cake</u> <u>Cookies</u>	
Fluid Milk		Milk			Milk	Milk	
SUPPER							
	<u>Pizza</u>			<u>Hamburgers</u>			
Meat/Meat Alternate	Chicken	Eggs	Cheese H.M.	Fish	Turkey	Ground Beef	Pork Chop
Fruit or Vegetable	Mashed Potatoes	Mixed Vegetables	Oranges	Apples	Corn	Lettuce/Tomato	Apple Sauce
Fruit or Vegetable	Corn	Banana	Tomato Sauce	Carrots	Peaches	Pickles S.D.	Broccoli
Breads/Grains	Roll	Toast	Crust	Bread	Biscuits	Bun	Roll
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
EVE SNACK Choose 2 of these 4							
Meat/Meat Alternate			Cheese		Peanut Butter		
Fruit, Vegetable or 100% Juice		Kiwi		100% Juice <u>Apple</u>	Celery		
Breads/Grains	Cheese-Its		Crackers <u>Saltines</u>	English Muffin		Crackers <u>goldfish</u>	Vanilla Wafers
Fluid Milk	Milk	Milk				Milk	Milk



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- Serve a variety of foods.
- Always write the specific type of cereal, cracker & 100% juice.

Month September Year 2007 License # DG 0000 1234
 I certify that this menu actually reflects the foods served this month. Lisa Smith
Signature

Record All Substitutions: Cross off food not served and write in substitution

Serve Variety!

DAY <u>Tuesday</u>	DAY <u>Wednesday</u>	DAY <u>Thursday</u>	DAY <u>Monday</u>	DAY <u>Tuesday</u>	DAY <u>Wednesday</u>	DAY <u>Thursday</u>
DATE <u>9/11</u>	DATE <u>9/12</u>	DATE <u>9/13</u>	DATE <u>9/17</u>	DATE <u>9/18</u>	DATE <u>9/19</u>	DATE <u>9/20</u>

Breads/Grains
Enriched or whole grain
• Bread
• Cereal
• Pasta
• Rice

Juice at Snack
Juice may not be served at snack if milk is the only other food

Meat or Meat Alternate
• Lean Meat
• Fish
• Poultry
• Cheese
• Cottage Cheese
• Egg
• Yogurt
• Cooked or Dry Beans or Peas
• Peanut Butter
• Nut or Soy Butters
• Nuts & Seeds
No more than 30% of Lunch or Supper

BREAKFAST							
Fruit, Vegetable or 100% Juice	Pineapple	Banana	Apple Sauce Apples	Peaches	Strawberries	Banana S.D.	Blueberries S. D.
Breads/Grains	Cereal <u>Kix</u>	Bagel	Toast	English Muffin	Pancakes	Cereal <u>Chex</u>	Waffle pancake
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
A.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate		Yogurt	Peanut Butter			Cheese	
Fruit or Vegetable		Banana		Banana	100% Juice <u>Orange</u>		
Breads/Grains	Crackers <u>Graham</u>		Rice Cake		Vanilla Waters	English Muffin	Crackers <u>Ritz</u>
Fluid Milk	Milk			Milk			Milk
LUNCH							
		Pizza		Ham Sandwiches		Macaroni & Cheese	
Meat/Meat Alternate	Hot Dog	Peanut Butter	Cheese H.M.	Sliced Ham	Fish Sticks	Chicken Salad	Cheese (Added)
Fruit or Vegetable	Broccoli <u>Carrots</u>	Celery	Apple Sauce	Carrot Sticks	Tatot Tots	Oranges	Green Beans
Fruit or Vegetable	Peaches	Banana	Tomato Sauce	Pineapple <u>Peaches</u>	Peas	Mixed Vegetables	Apple Slices
Breads/Grains	Bun	Bread	Crust	Bun	Roll	Flour Bread <u>corn tortilla</u>	Macaroni
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
P.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate		Cottage Cheese				Cheese	Peanut Butter
Fruit, Vegetable or 100% Juice	100% Juice <u>Apple</u>	Pears		100% Juice <u>Grape</u>			Celery
Breads/Grains	Cinnamon Toast		Brownie <u>S43</u>	Pretzels	Muffin	Crackers <u>Saltines</u>	
Fluid Milk			Milk		Milk		
SUPPER							
		Spaghetti		Bean Burrito		Goulash	
Meat/Meat Alternate	Sausage	Ground Beef H.M.	Fish	Refried Beans	Chicken <u>Nuggets</u>	Ham	Ground Beef H.M.
Fruit or Vegetable	Hash Browns	Tomato Sauce	Tator Tots	Lettuce/Tomato	Potato	Green Beans	Melon
Fruit or Vegetable	Pears	Oranges	Peaches	Oranges	Corn	Pineapple	Tomato Sauce
Breads/Grains	Toast	Noodles	Bread	Tortilla	Roll	Roll	Macaroni
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
EVE SNACK Choose 2 of these 4							
Meat/Meat Alternate			Cheese		<u>cheese</u>		
Fruit, Vegetable or 100% Juice	Tomato Sauce		Broccoli	Grapes	Apple		100% Juice <u>Apple</u>
Breads/Grains	English Muffin	Cookie		Crackers <u>gold fish</u>	<u>club crackers</u>	Muffin	Bagel
Fluid Milk		Milk			Milk	Milk	