



**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.

Month \_\_\_\_\_ Year \_\_\_\_\_ License # \_\_\_\_\_

I certify that this menu actually reflects the foods served this month. \_\_\_\_\_

*Signature*

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

**Serve Variety!**

DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY
DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE

### BREAKFAST

Fruit, Vegetable or 100% Juice	Peaches	Fruit Cocktail	Apple Sauce	Bananas S.D.	Apples	Peaches	Orange
Breads/Grains	Cereal	French Toast	Toast	Cereal	Bagel	Waffle	Oatmeal
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

- Breads/Grains**  
*Enriched or whole grain*
- Bread
  - Cereal
  - Pasta
  - Rice

### A.M. SNACK Choose 2 of these 4

Meat/Meat Alternate			Cottage Cheese				Yogurt
Fruit or Vegetable		Grapes	Pears		100% Juice		Peaches
Breads/Grains	Crackers	Crackers		Vanilla Wafers	Pretzels	Poptart	
Fluid Milk	Milk			Milk		Milk	

**Juice at Snack**

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

### LUNCH

*Grilled Cheese Sandwich*

*Spaghetti*

*Turkey Sandwich*

Meat/Meat Alternate	Cheese	Fish Sticks	Bologna	Ground Beef	Chicken Nuggets	Tuna	Turkey
Fruit or Vegetable	Apples	Peas	Grapes	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

**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*

### P.M. SNACK Choose 2 of these 4

Meat/Meat Alternate	Yogurt			Cheese			Peanut Butter
Fruit, Vegetable or 100% Juice	Carrots		100% Juice		Banana		Apple
Breads/Grains		Cookie	Toast	Bagel		Rice Cake	
Fluid Milk		Milk			Milk	Milk	

### SUPPER

*Pizza*

*Hamburgers*

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	Celery		
Breads/Grains	Cheese-Its		Crackers	English Muffin		Crackers	Vanilla Wafers
Fluid Milk	Milk	Milk				Milk	Milk



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**BREAKFAST**

Fruit, Vegetable or 100% Juice	Pineapple	Banana	Apple Sauce	Peaches	Strawberries	Banana S.D.	Blueberries S. D.
Breads/Grains	Cereal	Bagel	Toast	English Muffin	Pancakes	Cereal	Waffle
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

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

**A.M. SNACK Choose 2 of these 4**

Meat/Meat Alternate		Yogurt	Peanut Butter			Cheese	
Fruit or Vegetable		Banana		Banana	100% Juice		
Breads/Grains	Crackers		Rice Cake		Vanilla Wafers	English Muffin	Crackers
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	Celery	Apple Sauce	Carrot Sticks	Tatot Tots	Oranges	Green Beans
Fruit or Vegetable	Peaches	Banana	Tomato Sauce	Pineapple	Peas	Mixed Vegetables	Apple Slices
Breads/Grains	Bun	Bread	Crust	Bun	Roll	Pita Bread	Macaroni
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

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

**P.M. SNACK Choose 2 of these 4**

Meat/Meat Alternate		Cottage Cheese				Cheese	Peanut Butter
Fruit, Vegetable or 100% Juice	100% Juice	Pears		100% Juice			Celery
Breads/Grains	Cinnamon Toast		Brownie	Pretzels	Muffin	Crackers	
Fluid Milk			Milk		Milk		

**SUPPER**

**Spaghetti**

**Bean Burrito**

**Goulash**

Meat/Meat Alternate	Sausage	Ground Beef H.M.	Fish	Refried Beans	Chicken	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				
Fruit, Vegetable or 100% Juice	Tomato Sauce		Broccoli	Grapes	Apple		100% Juice
Breads/Grains	English Muffin	Cookie		Crackers		Muffin	Bagel
Fluid Milk		Milk			Milk	Milk	

**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*



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**BREAKFAST**

- Breads/Grains**  
*Enriched or whole grain*
- Bread
  - Cereal
  - Pasta
  - Rice

Fruit, Vegetable or 100% Juice	Oranges	Pears	Peaches	Fruit Cocktail	Raisins & Bananas	Grapes	Orange
Breads/Grains	Cereal	Toast	Cereal	Bagel	Oatmeal	Cereal	Toast
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

**A.M. SNACK Choose 2 of these 4**

Meat/Meat Alternate	Peanut Butter		Cheese			Cottage Cheese	
Fruit or Vegetable	Apple	100% Juice	Carrots		100% Juice		
Breads/Grains		Bagel		Crackers	Pretzels	Crackers	Poptart
Fluid Milk				Milk			Milk

**Juice at Snack**

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

**LUNCH**

*Tacos*

*Turkey Sandwiches*

*Grilled Cheese Sandwich*

Meat/Meat Alternate	Corn Dog	Ground Beef	Cottage Cheese	Sliced Turkey	Peanut Butter	Chicken Nuggets	Cheese
Fruit or Vegetable	French Fries	Lettuce/Tomato	Cucumbers	Carrot Sticks	Banana	Tator Tots	Tomato Soup
Fruit or Vegetable	Kiwi	Orange	Vegetable Soup	Grapes	Apples	Fruit Cocktail	Peaches
Breads/Grains	Bread	Taco Shell	Crackers	Bun	Bread	Bread	Bread
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

**P.M. SNACK Choose 2 of these 4**

- 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*

Meat/Meat Alternate		Yogurt			Cheese		
Fruit, Vegetable or 100% Juice		Banana	100% Juice	Cucumbers	Apples		100% Juice
Breads/Grains	Cookie		Rice Cake	Toast		Cake	Cereal Mix
Fluid Milk	Milk					Milk	

**SUPPER**

*Pizza*

*Tacos*

Meat/Meat Alternate	Eggs	Roast Beef	Cheese H.M.	Baked Beans	Chicken	Ground Beef	Ham
Fruit or Vegetable	Hash Browns	Potato	Fruit Cocktail	Broccoli	Peas	Lettuce/Tomato	Corn
Fruit or Vegetable	Pears	Carrots	Tomato Sauce	Melon	Grapes	Oranges	Apple Sauce
Breads/Grains	Toast	Roll	Crust	Bread	Rice	Taco Shell	Roll
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk

**EVE SNACK Choose 2 of these 4**

Meat/Meat Alternate		Cottage Cheese		Peanut Butter			Cheese
Fruit, Vegetable or 100% Juice	100% Juice		Banana	Celery	Melon		Crackers
Breads/Grains	Muffin	Crackers				Vanilla Wafers	
Fluid Milk			Milk		Milk	Milk	



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*Signature*

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**Serve Variety!**

**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*

DAY	DAY	DAY	DAY	DAY	DAY	DAY
DATE	DATE	DATE	DATE	DATE	DATE	DATE

<b>BREAKFAST</b>							
Fruit, Vegetable or 100% Juice	Apple	Strawberries	Pears	Banana S.D.	Grapes	Fruit Cocktail	Grapes
Breads/Grains	Cereal	Pancakes	English Muffin	Cereal	Toast	Cereal	Bagel
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>A.M. SNACK Choose 2 of these 4</b>							
Meat/Meat Alternate	Peanut Butter			Cheese			Yogurt
Fruit or Vegetable		100% Juice	Strawberries		100% Juice	Banana	Peaches
Breads/Grains	Toast	Crackers		Crackers	Rice Cake		
Fluid Milk			Milk			Milk	
<b>LUNCH</b>							
	<i>Ravioli</i>	<i>Bean Burrito</i>		<i>Sloppy Joes</i>	<i>Pizza</i>	<i>Ham Sandwiches</i>	<i>Macaroni &amp; Cheese</i>
Meat/Meat Alternate	Cheese (Added)	Refried Beans	Hot Dog	Ground Beef H.M.	Cheese H.M.	Sliced Ham	Cheese H.M.
Fruit or Vegetable	Green Beans	Lettuce/Tomato	French Fries	Peaches	Orange	Fruit Cocktail	Grapes
Fruit or Vegetable	Pears	Apples	Pickles	Tomato Paste	Tomato Sauce	Carrots	Mixed Vegetables
Breads/Grains	Ravioli	Tortilla	Bun	Bun	Crust	Bun	Macaroni
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>P.M. SNACK Choose 2 of these 4</b>							
Meat/Meat Alternate			Peanut Butter			Cheese	
Fruit, Vegetable or 100% Juice	100% Juice			Grapes			100% Juice
Breads/Grains	Crackers	Brownie	Crackers		Cookie	English Muffin	Crackers
Fluid Milk		Milk		Milk	Milk		
<b>SUPPER</b>							
	<i>Hamburgers</i>		<i>Spaghetti</i>			<i>Tuna Noodle</i>	
Meat/Meat Alternate	Ground Beef	Fish	Ground Beef H.M.	Chicken	Beef Meatballs	Tuna	Turkey
Fruit or Vegetable	Lettuce/Tomato	Mixed Vegetables	Tomato Sauce	Baked Potato	Mashed Potatoes	Peas	Corn
Fruit or Vegetable	French Fries	Pears	Peaches	Broccoli	Fruit Cocktail	Orange	Applesauce
Breads/Grains	Bun	Bread	Noodles	Roll	Roll	Noodles	Stuffing
Fluid Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>EVE SNACK Choose 2 of these 4</b>							
Meat/Meat Alternate		Peanut Butter			Cheese		
Fruit, Vegetable or 100% Juice	Banana		100% Juice	Apple		Peaches	
Breads/Grains		Toast	Bagel	Cereal Mix	Crackers		Crackers
Fluid Milk	Milk					Milk	Milk