



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

# 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.

Month April **9** Year 2001 License # DF000012345

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

Signature

**Serve Variety!**

DAY <i>Friday</i> <b>1</b>	DAY <i>Monday</i>	DAY <i>Tuesday</i>	DAY <i>Wednesday</i>	DAY <i>Thursday</i>	DAY <i>Friday</i>	DAY <i>Monday</i>
DATE <u>9</u>	DATE <u>12</u>	DATE <u>13</u>	DATE <u>14</u>	DATE <u>15</u>	DATE <u>16</u>	DATE <u>19</u>

BREAKFAST							
Fruit, Vegetable or 100% Juice	Apples	Pears	Peaches	Orange	Raisins & Bananas	Apples	Orange
Breads/Grains	<b>2</b> Oat Cereal	Toast	Rice Cereal	Bagel	Oatmeal	Oat Cereal	Toast
Fluid Milk	Milk	Milk	Milk	Milk	Milk / Soy Milk	Milk	Milk
A.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate							
Fruit or Vegetable							
Breads/Grains							
Fluid Milk							
LUNCH							
	<i>Turkey Sandwiches</i>	<i>Pizza</i>	<i>Hamburgers</i>				<i>Grilled Cheese Sandwich</i>
Meat/Meat Alternate	Sliced Turkey	Cheese/Pepperoni H.M.	Ground Beef	Cottage Cheese	Peanut Butter	Chicken Nuggets	Cheese
Fruit or Vegetable	Lettuce/Tomato	Fruit Cocktail <b>4</b>	Lettuce/Tomato <b>5</b>	Cucumbers	Banana	Tator Tots	Tomato Soup
Fruit or Vegetable	Grapes	Tomato Sauce	Pickles S.D.	Vegetable Soup	Broccoli	Apples <b>8</b>	Peaches
Breads/Grains	Bun	Crust	Bun	Saltine Crackers	Bread <b>7</b>	Tortilla <b>8</b>	Bread
Fluid Milk	Milk	Milk	Milk	Milk	Milk / Soy Milk <b>7</b>	Milk	Milk
P.M. SNACK Choose 2 of these 4							
Meat/Meat Alternate		Yogurt	Peanut Butter		Cheese		
Fruit, Vegetable or 100% Juice		<b>3</b> Banana		Grape Juice <b>6</b>	Apples		Orange Juice
Breads/Grains	Oatmeal Cookie		Rice Cake	Saltine Crackers		Cake	Cereal Mix
Fluid Milk	Milk					Milk	
SUPPER							
Meat/Meat Alternate							
Fruit or Vegetable							
Fruit or Vegetable							
Breads/Grains							
Fluid Milk							
EVE SNACK Choose 2 of these 4							
Meat/Meat Alternate							
Fruit, Vegetable or 100% Juice							
Breads/Grains							
Fluid Milk							