**Jan 5, Feb 2, Mar 2, Mar 30, Apr 27, May 25, June 22, July 20, Aug 17, Sept 14, Oct 12, Nov 9, Dec 7**

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| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios  Water | Ritz  Water | Graham Crackers  Water | Chex Mix  Water | Animal Crackers  Water |
| ***Lunch*** | Meatballs  Corn (Fz)  Melon (Fresh)  Milk | Pizza Rolls  Cal. Blend (Fz)  Grapes (Fresh)  Milk | Pancakes\* HM  Sausages  FruitCocktail(Canned)  Milk | Turkey Dogs  Mixed Veggies (Fz)  Oranges (Fresh)  Milk | Mac & Cheese  Carrots (Fresh)  Peaches (Canned)  Milk |
| ***PM***  ***Snack*** | Popcorn/Goldfish  Water | Animal Crackers  Water | Pretzels  Water | Corn Chips/Ritz  Water | Cheese Balls  Water |

**Jan 12, Feb 9, Mar 9, Apr 6, May 4, June 1, June 29, July 27, Aug 24, Sept 21, Oct 19. Nov 16, Dec 14**

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| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios  Water | Ritz  Water | Graham Crackers  Water | Chex Mix  Water | Animal Crackers  Water |
| ***Lunch*** | Sloppy Joe’s \*HM  Mixed Veggies  Apple (Fresh)  Milk | Chick Nuggets  Gr. Beans (Fz)  Pineapple (Fresh)  Milk | Waffles  Sausage  Banana (Fresh)  Milk | Bologna Sandwich  California Med (Fz)  Pears (Canned)  Milk | Grilled Cheese  Tomato Soup  Carrots (Fresh)  Milk |
| ***PM***  ***Snack*** | Popcorn/Goldfish  Water | Animal Crackers  Water | Pretzels  Water | Corn Chips/Ritz  Water | Cheese Balls  Water |

**Jan 19, Feb 16, Mar 16, Apr 13, May 11, June 8, July 6, Aug 3, Aug 31, Sept 28, Oct 26, Nov 23, Dec 21**

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| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios  Water | Ritz  Water | Graham Crackers  Water | Chex Mix  Water | Animal Crackers  Water |
| ***Lunch*** | Meatballs  Corn (Fz)  Melon (Fresh)  Milk | Pizza Rolls  Cal. Blend (Fz)  Grapes (Fresh)  Milk | Pancakes\* HM  Sausages  FruitCocktail(Canned)  Milk | Turkey Dogs  Mixed Veggies (Fz)  Oranges (Fresh)  Milk | Mac & Cheese  Carrots (Fresh)  Peaches (Canned)  Milk |
| ***PM***  ***Snack*** | Popcorn/Goldfish  Water | Animal Crackers  Water | Pretzels  Water | Corn Chips/Ritz  Water | Cheese Balls  Water |

**Jan 26, Feb 23, Mar 23, Apr 20, May 18, June 15, July 13, Aug 10, Sept 7, Oct 5, Nov 2, Nov 30, Dec 28**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios  Water | Ritz  Water | Graham Crackers  Water | Chex Mix  Water | Animal Crackers  Water |
| ***Lunch*** | Sloppy Joe’s \*HM  Mixed Veggies  Apple (Fresh)  Milk | Chick Nuggets  Gr. Beans (Fz)  Pineapple (Fresh)  Milk | Waffles  Sausage  Banana (Fresh)  Milk | Bologna Sandwich  California Med(Fz)  Pears (Canned)  Milk | Grilled Cheese  Tomato Soup  Carrots(Fresh)  Milk |
| ***PM***  ***Snack*** | Popcorn/Goldfish  Water | Animal Crackers  Water | Pretzels  Water | Corn Chips/Ritz  Water | Cheese Balls  Water |

\*HM= Home Made

The federal Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) requires that milk served in the Child and Adult Care Food Program (CACFP) be consistent with the most recent version of the Dietary Guidelines for Americans.

“Fat-Free and Low-Fat Milk

Milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that persons over two years of age consume fat free (skim) or low fat (1%) fluid milk.

Therefore, fluid milk served in the CACFP to participants two years of age and older must be: fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets Michigan and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age.