**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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios Water | Ritz Water | Graham CrackersWater | Chex MixWater | Animal CrackersWater |
| ***Lunch*** | MeatballsCorn (Fz)Melon (Fresh)Milk | Pizza RollsCal. Blend (Fz)Grapes (Fresh)Milk | Pancakes\* HMSausagesFruitCocktail(Canned)Milk | Turkey DogsMixed Veggies (Fz)Oranges (Fresh)Milk | Mac & CheeseCarrots (Fresh)Peaches (Canned)Milk |
| ***PM******Snack*** | Popcorn/GoldfishWater | Animal CrackersWater | PretzelsWater | Corn Chips/RitzWater | Cheese BallsWater |

**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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios Water | Ritz Water | Graham CrackersWater | Chex MixWater | Animal CrackersWater |
| ***Lunch*** | Sloppy Joe’s \*HMMixed Veggies Apple (Fresh)Milk | Chick NuggetsGr. Beans (Fz)Pineapple (Fresh)Milk | Waffles SausageBanana (Fresh)Milk | Bologna SandwichCalifornia Med (Fz)Pears (Canned)Milk | Grilled CheeseTomato SoupCarrots (Fresh)Milk |
| ***PM******Snack*** | Popcorn/GoldfishWater | Animal CrackersWater | PretzelsWater | Corn Chips/RitzWater | Cheese BallsWater |

**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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Meal** | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** |
| ***AM Snack*** | Cheerios Water | Ritz Water | Graham CrackersWater | Chex MixWater | Animal CrackersWater |
| ***Lunch*** | MeatballsCorn (Fz)Melon (Fresh)Milk | Pizza RollsCal. Blend (Fz)Grapes (Fresh)Milk | Pancakes\* HMSausagesFruitCocktail(Canned)Milk | Turkey DogsMixed Veggies (Fz)Oranges (Fresh)Milk | Mac & CheeseCarrots (Fresh)Peaches (Canned)Milk |
| ***PM******Snack*** | Popcorn/GoldfishWater | Animal CrackersWater | PretzelsWater | Corn Chips/RitzWater | Cheese BallsWater |

**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 | RitzWater | Graham CrackersWater | Chex MixWater | Animal CrackersWater |
| ***Lunch*** | Sloppy Joe’s \*HMMixed Veggies Apple (Fresh)Milk | Chick NuggetsGr. Beans (Fz)Pineapple (Fresh)Milk | Waffles SausageBanana (Fresh)Milk | Bologna SandwichCalifornia Med(Fz)Pears (Canned)Milk | Grilled CheeseTomato SoupCarrots(Fresh)Milk |
| ***PM******Snack*** | Popcorn/GoldfishWater | Animal CrackersWater | PretzelsWater | Corn Chips/RitzWater | Cheese BallsWater |

\*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.