

Name of Center Helping Hands Christian Learning Center
 Site/Room Pre-K, Pre-school, Toddler, Before & After Program

Michigan Department of Education
 Child and Adult Care Food Program



Month September 2026

Menu Record

	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combination Foods	Milk Belvita Bars Yogurt Fruit Cocktail	Milk Pancakes Smoky Links Peaches	Milk Kix Cereal Bananas	Milk English Muffin Sausage Patty Cheese Pineapple	Milk Cereal Bars Cottage Cheese Mandarin Oranges
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable or Juice 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Milk Tator Tot Casserole Green Beans Pineapple Dinner Rolls	Milk Chicken Spaghetti Broccoli, Carrots, Cauliflower WW Bread Pears	Milk Ham & Cheese Sandwich WW Bread Vegetable Soup Tropical Fruit	Milk Salisbury Steak Mashed Potatoes Corn Jell-O with Fruit WW Bread	Milk Chicken Pot Pie Biscuits Broccoli Apricots
PM Snack* 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Veggie Chips Craisins	Bread Sticks Marinara Sauce Orange Slices	Popcorn Fruit Snacks Applesauce	Goldfish Crackers Fruit Cocktail	Beef Summer Sausage Cheese Crackers

*** Serve 2 of 4 food groups**

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