

Kent Regional 4C Child and Adult Care Food Program

233 E. Fulton Street, Suite 107
Grand Rapids, Michigan 49503-3262
616-451-8281 or 1-800-448-6995
www.4Cchildcare.org

IF CORRECT

- ALL MIXED DISHES ARE HOMEMADE
- ALL 3b ITEMS ARE SERVED ON THE SIDE
- ALL JUICE SERVED IS 100%
- CLAIMING INFANT(S) UNDER ONE YEAR
- ALL INFANT FORMULA & CEREAL IS IRON FORTIFIED. TYPES OF INFANT CEREAL SERVED _____

Menus must be in our office on or before the 5th of each month.

I certify that the information submitted is accurate in all respects; that it is given in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution.

PROVIDER SIGNATURE

Claim Month: _____ Year: _____

PRINT NAME

ADDRESS

CITY & ZIP

CHILD CARE LICENSE NUMBER

() _____
TELEPHONE NUMBER

ASSISTANT CAREGIVER'S SIGNATURE

FOR OFFICE USE ONLY		
# of Kids Claimed	_____	
# of Days Claimed	_____	
	Tier 1	Tier 2
Breakfast	_____	_____
Lunch	_____	_____
Supper	_____	_____
Snacks	_____	_____
Code(s)	_____	
Initials	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Requirements for children one year and older

BREAKFAST - ALL ITEMS

- 1) Juice or Fruit or Vegetable
- 2) Cereal or Bread or Pasta or Rice (enriched or whole grain)
- 3) Fluid Milk

LUNCH/SUPPER - ALL ITEMS

- 1) Protein: Meat or Poultry or Fish or Egg or Peanut Butter or Cheese or Yogurt
- 2) Cereal or Bread or Pasta or Rice (enriched or whole grain)
- 3) (a) and (b) Vegetables and/or Fruits: 2 Fruits or 2 Vegetables or 1 Fruit and 1 Vegetable
- 4) Fluid Milk

PRE-PRINTED MENU #4

NOTES:

SNACKS - INCLUDE 2 OF THESE 4 FOOD GROUPS

- 1) Fluid Milk*
- 2) Juice* or Vegetable or Fruit
- 3) Bread or Cereal or Pasta or Rice (enriched or whole grain)
- 4) Protein (See Lunch and Supper)

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

TIME SERVED

DAY	DATE	TIME SERVED					
		BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK
		1. Bananas 2. French Toast 3. Milk	1. Graham Crackers 2. Milk	1. Extra Cheese 2. Mac. & Cheese 3. a. Green Beans b. Fruit Cocktail 4. Milk	1. Grapes 2. Milk	1. Ground Beef 2. Spaghetti 3. a. Tomato Sauce b. Lettuce Salad 4. Milk	1. Yogurt 2. Graham Crackers
		1. Grapes 2. Cereal 3. Milk	1. Peaches 2. Cottage Cheese	1. Ham & Cheese 2. Bread 3. a. Carrots b. Apples 4. Milk	1. Cheese 2. Crackers	1. Chicken Nuggets 2. Rice 3. a. Broccoli b. Oranges 4. Milk	1. Carrots and Celery 2. Peanut Butter
		1. Fruit Cocktail 2. Toast 3. Milk	1. Cookies 2. Milk	1. Fish Sticks 2. Crackers 3. a. Celery b. Kiwi 4. Milk	1. Yogurt 2. Pears	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Fruit Cocktail 4. Milk	1. Pretzels 2. Cheese
		1. Applesauce 2. English Muffins 3. Milk	1. Yogurt 2. Strawberries (side)	1. Hot Dogs 2. Buns 3. a. Pears b. Corn 4. Milk	1. Graham Crackers 2. Juice	1. Ham and Cheese 2. Pizza Crust 3. a. Tomato Sauce b. Carrot Sticks 4. Milk	1. Granola Bars 2. Juice
		1. Raisins 2. Oatmeal 3. Milk	1. Crackers 2. Milk	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomatoes b. Bananas 4. Milk	1. Toast 2. Peanut Butter	1. Bologna 2. Bread 3. a. Celery Sticks b. Cucumbers 4. Milk	1. Cottage Cheese 2. Pineapples
		1. Juice 2. Cereal 3. Milk	1. Juice 2. Cinnamon Rolls	1. Ground Beef 2. Spaghetti 3. a. Tomato Sauce b. Green Beans 4. Milk	1. Yogurt 2. Melon (side)	1. Scrambled Eggs 2. Toast 3. a. Grapes b. Apples 4. Milk	1. *Bunny Buns Biscuits 2. Milk
		1. Peaches 2. Poptarts 3. Milk	1. Cookies 2. Milk	1. Chicken Nuggets 2. Rice 3. a. Broccoli b. Peaches 4. Milk	1. Carrots and Celery 2. Peanut Butter	1. Hamburger 2. Buns 3. a. Pickles b. Corn 4. Milk	1. Oranges 2. Milk

Please list children in same order on all pages												FOR OFFICE USE ONLY					
CHILD'S FIRST/LAST NAME												Tier 1	Tier 2				
												B _____	B _____				
											L _____	L _____					
											SU _____	SU _____					
											SN _____	SN _____					
Breakfast																	
Lunch																	
Supper																	
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Afternoon																	
EVE																	

*Denotes that optional recipes are available at www.4cchildcare.org

REMINDER: Parent note must be submitted if claiming a holiday.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex, and disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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Kent Regional 4C CACFP

I certify that the information submitted is accurate in all respects; that it is given in connection with the receipt of federal funds and that deliberate misrepresentation may result in state or federal prosecution.

PRINT NAME _____

Claim Month: _____ Year: _____

_____ CHILD CARE LICENSE NUMBER _____

PRE-PRINTED MENU #4

PROVIDER SIGNATURE _____

TIME SERVED

D A Y	D A T E	TIME SERVED					
		BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK
		1. Bananas 2. Cereal 3. Milk	1. Yogurt 2. Juice	1. Tuna Salad 2. Crackers 3. a. Carrot Sticks b. Celery 4. Milk	1. Granola Bars 2. Milk	1. Extra Cheese 2. Mac. & Cheese 3. a. Green Beans b. Fruit Cocktail 4. Milk	1. Grapes 2. Cheese
		1. Pears 2. Bagels 3. Milk	1. Pretzels 2. Cheese	1. Yogurt 2. PBJ Sandwich 3. a. Pineapple b. Tater Tots 4. Milk	1. Graham Crackers 2. Milk	1. Ham and Cheese 2. Bread 3. a. Carrots b. Apples 4. Milk	1. Cheese 2. Crackers
		1. Hashbrowns 2. Waffles 3. Milk	1. Crackers 2. Grapes	1. Chicken Nuggets 2. Biscuits 3. a. Corn b. Apples 4. Milk	1. Cottage Cheese 2. Pears	1. Fish Sticks 2. Crackers 3. a. Celery b. Kiwi 4. Milk	1. Raspberries 2. Milk
		1. Juice 2. Oatmeal 3. Milk	1. Yogurt 2. Peaches (side)	1. Sausage 2. Pancakes 3. a. Hashbrowns b. Oranges 4. Milk	1. Tuna, Lettuce 2. Milk	1. Hotdogs 2. Buns 3. a. Pears b. Corn 4. Milk	1. Toast 2. Peanut Butter
		1. Juice 2. Toast 3. Milk	1. Rice Krispie Treats 2. Milk	1. Hotdogs 2. Buns 3. a. Green Beans b. Pears 4. Milk	1. Bananas 2. Milk	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomatoes b. Banana 4. Milk	1. Granola Bars 2. Juice
		1. Bananas 2. Cereal 3. Milk	1. Cheese 2. Crackers	1. Ham & Cheese 2. Bread 3. a. Apples b. Pork & Beans 4. Milk	1. Tortilla Chips 2. Salsa	1. Tuna 2. Macaroni 3. a. Peas b. Carrots (side) 4. Milk	1. *Rainbow Asst. Fruits and Veggies 2. Milk
		1. Peaches 2. Waffles 3. Milk	1. Graham Crackers 2. Milk	1. Tacos-Ground Beef 2. Tortillas 3. a. Lettuce/Tomatoes b. Kiwi 4. Milk	1. Boiled Eggs 2. Milk	1. Bologna 2. Bread 3. a. Bananas b. Cucumbers 4. Milk	1. Yogurt 2. Peaches
		1. Bananas 2. French Toast 3. Milk	1. Cookies 2. Milk	1. Extra Cheese 2. Mac. and Cheese 3. a. Green Beans b. Fruit Cocktail 4. Milk	1. Crackers 2. Cheese	1. Scrambled Eggs 2. Toast 3. a. Grapes b. Apples 4. Milk	1. Carrots & Celery 2. Peanut Butter

Requirements for children one year and older

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