

# 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](http://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 #10

### 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. Cinnamon Rolls 3. Milk	1. Granola Bars 2. Juice	1. Cheese 2. English Muffins 3. a. Pizza Sauce b. Grapes 4. Milk	1. Applesauce 2. Crackers	1. Gr. Beef/Chili 2. Crackers 3. a. Tomatoes/Beans b. Carrot Sticks 4. Milk	1. Crackers 2. Juice
		1. Grapes 2. Bagels 3. Milk	1. Milk 2. Cookies	1. Fish Sticks 2. Rice 3. a. French Fries b. Pears 4. Milk	1. Crackers 2. Milk	1. Pork Chops 2. Rolls 3. a. Applesauce b. Green Beans 4. Milk	1. Corn Chips 2. Cheese
		1. Peaches 2. Waffles 3. Milk	1. Cottage Cheese 2. Pineapple	1. Chicken 2. Biscuits 3. a. Peas b. Potatoes 4. Milk	1. Cereal 2. Milk	1. Beef Stew 2. Garlic Bread 3. a. Carrots/Potatoes b. Lettuce Salad 4. Milk	1. Granola Bars 2. Juice
		1. Juice 2. Cereal 3. Milk	1. Vegetable Kabobs 2. Milk	1. Cheese Chunks 2. Spaghettios 3. a. Dill Pickles b. Apricots 4. Milk	1. Apples 2. Milk	1. Sausage 2. French Toast 3. a. Hash Browns b. Pineapple 4. Milk	1. Jello with Fruit 2. Crackers
		1. Oranges 2. Donuts 3. Milk	1. Crackers 2. Juice	1. Polish Sausage 2. Buns 3. a. Baked Beans b. Coleslaw 4. Milk	1. Cheese Cubes 2. Fruit	1. Meatballs 2. Garlic Bread 3. a. Tomato Sauce b. Garden Salad 4. Milk	1. Pizza Crust 2. Tomato Sauce
		1. Juice 2. Cereal 3. Milk	1. Banana Bread 2. Milk	1. Gr. Beef/Chili 2. Crackers 3. a. Tomatoes/Beans b. Carrot Sticks 4. Milk	1. Crackers 2. Juice	1. Chicken 2. Noodles 3. a. Green Beans b. Raisins 4. Milk	1. Apple Crisp 2. Milk
		1. Raisins 2. Oatmeal 3. Milk	1. Donuts 2. Milk	1. Chicken Nuggets 2. Rolls 3. a. Applesauce b. Green Beans 4. Milk	1. Corn Chips & 2. Cheese	1. Fish 2. Mac. & Cheese 3. a. Corn b. Bananas 4. Milk	1. Crackers 2. Juice

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													
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Supper													
AM													
Afternoon													
EVE													

\*Denotes that optional recipes are available at [www.4cchildcare.org](http://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 325-N, 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.

## PRE-PRINTED MENU #10

PRINT NAME \_\_\_\_\_

Claim Month: \_\_\_\_\_ Year: \_\_\_\_\_

# \_\_\_\_\_ CHILD CARE LICENSE NUMBER

PROVIDER SIGNATURE \_\_\_\_\_

### TIME SERVED

DAY	DATE	TIME SERVED					
		BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK
		1. Grapefruit 2. Muffins 3. Milk	1. Cereal Bars 2. Milk	1. Fish Sticks 2. Rice 3. a. French Fries b. Pears 4. Milk	1. Cake 2. Juice	1. Cheese/Pepperoni 2. English Muffins 3. a. Pizza Sauce b. Grapes 4. Milk	1. Applesauce 2. Crackers
		1. Juice 2. Oatmeal 3. Milk	1. Bagels 2. Juice	1. Chicken Nuggets 2. Breadsticks 3. a. Peas b. Peaches 4. Milk	1. Baked Apples 2. Milk	1. Pork BBQ 2. Buns 3. a. French Fries b. Broccoli 4. Milk	1. Crackers 2. Milk
		1. Juice 2. Cinnamon Toast 3. Milk	1. Cottage Cheese 2. Celery Sticks	1. Extra Cheese 2. Mac. & Cheese 3. a. Corn b. Bananas 4. Milk	1. Crackers 2. Juice	1. Chicken 2. Cornbread 3. a. Squash b. Mashed Potatoes 4. Milk	1. Cereal 2. Milk
		1. Bananas 2. Cereal 3. Milk	1. Crackers 2. Bologna	1. Tuna 2. Noodles 3. a. Celery b. Corn (side) 4. Milk	1. Cheese 2. Juice	1. Beef Stew 2. Garlic Bread 3. a. Carrots/Potatoes b. Lettuce Salad 4. Milk	1. Apples 2. Milk
		1. Pears 2. Muffins 3. Milk	1. Rice Cakes 2. Milk	1. Grilled Cheese 2. Bread 3. a. French Fries b. Fruit Cocktail 4. Milk	1. Granola Bars 2. Juice	1. Polish Sausage 2. Buns 3. a. Baked Beans b. Coleslaw 4. Milk	1. Cheese Cubes 2. Fruit
		1. Juice 2. Cereal 3. Milk	1. Banana Bread 2. Milk	1. Gr. Beef/Chili 2. Crackers 3. a. Tomatoes/Beans b. Carrot Sticks 4. Milk	1. Crackers 2. Juice	1. Chicken Patties 2. Buns 3. a. Peas b. Peaches 4. Milk	1. Baked Apples 2. Milk
		1. Juice 2. Oatmeal 3. Milk	1. Donuts 2. Milk	1. Ham 2. Rolls 3. a. Applesauce b. Green Beans 4. Milk	1. Corn Chips 2. Cheese	1. Eggs 2. Toast 3. a. Hash Browns b. Kiwi 4. Milk	*Jack-o-lantern 1. Crackers 2. Raisins
		1. Apricots 2. Cinnamon Toast 3. Milk	1. Cottage Cheese 2. Celery Sticks	1. Fish Sticks 2. Mac. & Cheese 3. a. Corn b. Bananas 4. Milk	1. Muffin 2. Juice	1. Roast Beef 2. Biscuits 3. a. Peas b. Potatoes 4. Milk	1. *Oreo Spiders 2. Milk

### Requirements for children one year and older

#### BREAKFAST - ALL ITEMS

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- 3) Fluid Milk

#### LUNCH/SUPPER - ALL ITEMS

- 1) Protein: Meat or Poultry or Fish or Egg or Peanut Butter or Cheese or Yogurt
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#### 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)

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

## PRE-PRINTED MENU #10

PAGE \_\_\_\_\_ OF \_\_\_\_\_

PRINT NAME \_\_\_\_\_

Claim Month: \_\_\_\_\_ Year: \_\_\_\_\_

# \_\_\_\_\_ CHILD CARE LICENSE NUMBER

### TIME SERVED

DAY	DATE	TIME SERVED					
		BREAKFAST	A.M. SNACK	LUNCH	AFTERNOON SNACK	SUPPER	EVENING SNACK
		1. Juice 2. Cereal 3. Milk	1. Salsa 2. Tortilla Chips	1. Hotdogs (side) 2. Spaghettios 3. a. Dill Pickles b. Pears 4. Milk	1. Granola Bars 2. Juice	1. Gr. Beef/Chili 2. Crackers 3. a. Tomatoes/Beans b. Carrot Sticks 4. Milk	1. Crackers 2. Juice
		1. Grapes 2. Biscuits 3. Milk	1. Muffins 2. Milk	1. Sausage 2. French Toast 3. a. Hashbrowns b. Pineapple 4. Milk	1. Pizza Crust 2. Tomato Sauce	1. Chicken 2. Rolls 3. a. Applesauce b. Green Beans 4. Milk	1. Corn Chips 2. Cheese
		1. Cantaloupe 2. Toast 3. Milk	1. Yogurt 2. Juice	1. Chicken 2. Tortillas 3. a. Salsa b. Grapes 4. Milk	1. Jello with Fruit 2. Crackers	1. Meatballs 2. Garlic Bread 3. a. Tomato Sauce b. Coleslaw 4. Milk	1. Apple Cider 2. Donut Holes
		1. Bananas 2. Oatmeal 3. Milk	1. *Apple Pizza 2. Milk	1. Fish Sticks 2. Mac. & Cheese 3. a. Corn b. Raisins 4. Milk	1. Crackers 2. Milk	1. Pork BBQ 2. Buns 3. a. Peaches b. Broccoli 4. Milk	1. Cake 2. Milk
		1. Juice 2. Cereal 3. Milk	1. Brownies 2. Milk	1. Eggs 2. Pancakes 3. a. Tomatoes b. Kiwi 4. Milk	*Jack-o-lantern 1. Crackers 2. Raisins	1. Hamburgers 2. Buns 3. a. Pineapple b. French Fries 4. Milk	1. Cereal 2. Milk
		1. Fruit Plate 2. Cereal 3. Milk	1. Juice 2. Crackers	1. Ham 2. Bread 3. a. Carrot Sticks b. Apples 4. Milk	1. *Oreo Spiders 2. Milk	1. Tuna 2. Noodles 3. a. Peas b. Celery Sticks 4. Milk	1. Cheese 2. Crackers
		1. Peaches 2. Pancakes 3. Milk	1. *Witch's Brew (Juice) 2. Snack Cake	1. Grilled Cheese 2. Bread 3. a. Tomato Soup b. Fruit Cocktail 4. Milk	1. Apple Crisp 2. Milk	1. Sausage 2. Rice 3. a. Green Beans b. Fried Potatoes 4. Milk	1. Granola Bars 2. Juice
		1. Grapes 2. Poptarts 3. Milk	1. Bagels 2. Peanut Butter	1. *Hotdog Mummy 2. Tortillas 3. a. Orange b. Cauliflower 4. Milk	1. Apple Cider 2. Donut Holes	1. Gr. Beef 2. Spaghetti 3. a. Tomato Sauce b. Pineapple 4. Milk	1. Crackers 2. Milk

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