



# Community Unlimited 21st Century B.L.A.S.T.

## January 2010

Michigan Department of Education-CACFP

SUPPER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	7
3	4 Hot Dog on a Bun Peas Apricots Choc Milk	5 Chicken Tenders Mixed Vegetables Mixed Fruit White Milk	6 String Cheese Apples Carrots/Ranch Crackers White Milk	7 Hard Boiled Egg Raisins/Fruit Juice Bread/Butter White Milk	8 EMERGENCY MEALS String Cheese Saltine Crackers Fruit Juice- Fruit/Nut Mix Milk	9
10	11 Hamburger on a bun Applesauce Carrots Choc Milk	12 Sandwich Meat w/ condiments Banana/Mixed Vegetable Bread/Marg White Milk	13 Yogurt Orange Grape Juice Graham Crackers	14 PBJ Apple Carrots/Ranch White Milk	15	16
17	18 No School- No Community Unlimited BLAST	19 BBQ Rib/Bun Peaches Green Beans White Milk	20 String Cheese Colby-Jack Apple/Crackers Carrots/Ranch White Milk	21 Hard Boiled Egg Raisins/Fruit Juice Bread/Butter White Milk	22	23
24/31	25	26	27 T	28	29	30

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