

**Michigan Department of Education
Child and Adult Care Food Program
At-Risk Afterschool Snack/Supper Menu Record**

Site/Room _____

Month _____ Year _____

Claim no more than one snack and supper per child per day

	Date	Date	Date	Date	Date
Snack* 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain	Sliced apples String cheese	Whole corn chips Black bean dip	Sliced pears Cottage cheese	Milk WW Cheese bread	Broccoli florets Wheat thins Ranch dressing
Supper 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combination Foods	Sloppy Joes Milk Ground beef Green beans Sweet potato wedges WW bun	Chicken Caesar Salad Milk Chicken breast Romaine Lettuce Cherry tomatoes WW Pita chips Caesar dressing	Ham & Cheese Wrap Milk Ham, Cheddar cheese Carrot strips Applesauce WW wrap Condiments	Basic Burger Milk Hamburger patty Spinach salad Mixed berries WW Bun Condiments	Egg Muffin Deluxe Milk Eggs, cheese Red pepper strips Potato tots WW English Muffin
	Date	Date	Date	Date	Date
Snack* 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit 4. Vegetable 5. Grain	Milk Honey bunches of Oats	Vanilla yogurt Mixed berries	Cheddar cheese Apple slices	Sweet pepper strips Hummus	Banana WW Raisin bagel Cream cheese
Supper 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain Other	Deluxe Grilled Cheese Milk Ham, Cheese Spinach salad Tomato soup WW Bread Condiments	Sloppy Jose's Milk Black beans, Cheddar cheese Peas and carrots Applesauce WW tortilla Condiments	Chicken Sandwich Milk Chicken breast Romaine lettuce & Tomatoes Carrot strips WW bun Condiments	HM Spaghetti Milk Ground beef Spinach salad Mixed Fruit WW noodles	Basic Burger Milk Hamburger patty Sweet potato tots Apple wedges WW bun Condiments

*Serve 2 of 5 food groups

All milk served is low fat milk. Water is always available.