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From Seed to Plate: A Farm to Institution Journey

Sample Menu

	DATE:09/26/16	DATE:09/27/16	DATE:09/28/16	DATE:09/29/16	DATE:09/30/16
Breakfast 1. Fluid Milk 2. Fruit, Vegetable, or Juice 3. Grain/Bread Other/Combo of Foods	Milk Rice Chex Apples*	Milk Whole Wheat Cinnamon Pancakes** Peaches*	Milk Zucchini* Muffin** Strawberries*	Milk Egg* Cups** Applesauce**	Milk French Toast** Blueberry* Smoothie**
Lunch 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit or Vegetable 4. Fruit or Vegetable 5. Grain/Bread Other/Combo of Foods	Milk Cheese* Quesadilla - Tortilla* Vegetable Stir-fry - Carrots* - Red Pepper* - Corn	Milk Sloppy Joes** - Bun* - Tomato* - Hamburger* Roasted Potatoes* Asparagus**	Milk Chicken* Noodle Soup** - Onion* - Carrot* Green Beans*	Milk Chicken* Curry** - Basmati Rice - Carrots* - Onion* Peas*	Milk Pasta w/Sausage* - Tomatoes* Cucumbers*
PM Snack (serve 2 of 4) 1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread	Water Raisins Goldfish Crackers	Water Crackers String Cheese	Water Granola Bars Apples*	Water Oyster Crackers Cheese Cubes	Water Graham Crackers Plums*

*Locally Sourced **Scratch Made