

August 2017

First Step to Nutrition

Breakfast, Lunch & PM Snack - Meals Include 1% Lowfat Milk WG = whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Omelets Peas Peaches Wheat Toast/Milk Pancakes Strawberries/Milk PM - Pretzels/Milk	2 Hamburgers Corn on the Cob Fruit Salad Bun/Milk WG Bagel Apples/Milk PM - Grapes/Milk	3 Chicken Salad Cucumbers Pears Pita Bread/Milk French Toast Peaches/Milk PM - WG Crackers/Milk	4 Cheese Pizza Carrots Watermelon Milk Oatmeal Banana/Milk PM - Nectarines/Milk	5
6	7 Ham slice Corn Applesauce Brown Rice/Milk Pancakes Peaches/Milk PM - Watermelon/Milk	8 Spaghetti w/ Meatballs Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	9 Hot Dogs Green Beans Fruit Cocktail Macaroni Salad/Milk French Toast Watermelon/Milk PM-WG English Muffin/Milk	10 Chicken Mashed Potatoes Apple Biscuit/Milk WG English Muffins Grapes/Milk PM - Bananas/Milk	11 Macaroni & Cheese Broccoli Pears Milk Mini Wheats Plums/Milk PM - Peaches/Milk	12
13	14 Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk Waffles Orange/Milk PM - Bagel/Milk	15 Fish Fillets Scalloped Potatoes Applesauce Roll/Milk Wheat Toast Bananas/Milk PM - Yogurt/Milk	16 Turkey Breast Green Beans Corn Stuffing/Milk WG Cheerios Grapes/Milk PM - Goldfish/Milk	17 Sloppy joes Potato Skins Strawberries Bun/Milk WG Bagels Bananas/Milk PM -Rice Cakes wPB/Milk	18 Ham Sandwich Cucumbers Fruit Salad Wheat Bread/Milk Oatmeal Peaches/Milk PM - Croissants/Milk	19
20	21 Stuffed Chesse Shells Salad Pears Milk Pancakes Strawberries/Milk PM-WG Crackers/Milk	22 Chicken Stir Fry Mixed Vegetables Kiwi Brown Rice/Milk Cinnamon Toast Grapes/Milk PM -Yogurt/Milk	23 Grilled Cheese Tomato Soup Fruit Cocktail Wheat Bread/Milk Kix Pears/Milk PM - Veg Tray/Milk	24 Hotdogs Baked Beans Fruit Plate Bun/Milk WG Cherrios Peaches/Milk PM - Celery wPB/Milk	25 Turkey Sandwich Carrots Peaches Wheat BreadMilk Waffles Bananas/Milk PM - Watermelon/Milk	26
27	28 Homemade Chicken Soup Carrots & Celery Pineapple Wild Rice/Milk French Toast Apple/Milk PM - Soft Pretzels/Milk	29 Cheese Muffin Pizza Green Beans Peaches Milk Oatmeal Banana/Milk PM - Nectarines/Milk	30 Egg Salad Cucumbers Strawberries Wheat Pita/Milk Pancakes Blueberries/Milk PM - Croissants/Milk	31 Spaghetti w/Meatballs Salad Kiwi Milk Wheat Toast Applesauce PM - Watermelon/Milk		