

# AUGUST 2017

## First Step to Nutrition

AM Snack, Dinner & Evening Snack - Meals Include 1% Lowfat Milk      WG= whole grain

\* Provider Signature: \_\_\_\_\_

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> AM - Graham Crackers/Milk  Chicken Drumsticks Green Beans Pears Brown Rice/Milk  ES - Apples/Milk	<b>2</b> AM - Waffles/Milk  Grilled Cheese Tomato Soup Pineapple Wheat Bread/Milk  ES - Animal Crackers/Milk	<b>3</b> AM - Mangos/Milk  Beef Stir Fry Broccoli Mandarin Oranges Brown Rice/Milk  ES - Soft Pretzel/Milk	<b>4</b> AM - Bagel/Milk  Turkey Sandwich Cucumbers Peaches Wheat Bread/Milk  ES - Yogurt/Milk	
<b>6</b>	<b>7</b> AM -Banana/Milk  Sloppy Joes Broccoli Apple WG Bun/Milk  ES - Graham Crackers/Milk	<b>8</b> AM-String Cheese/Milk  Chicken Legs Green Beans Fruit Cocktail Roll/Milk  ES - Oatmeal/Milk	<b>9</b> AM - Bagel/Milk  Baked Ziti w/cheese Salad Pears Milk  ES - WG Cracker/Milk	<b>10</b> AM - Waffles/Milk  Grilled Cheese Tomato Soup Strawberries Wheat Bread/Milk  ES - Cheerios/Milk	<b>11</b> AM - Soft Pretzels/Milk  Egg Salad Cucumbers Peaches Wheat Pita Bread/Milk  ES - Watermelon/Milk	<b>12</b>
<b>13</b>	<b>14</b> AM - Apples/Milk  Meatloaf Corn Applesauce Brown Rice/Milk  ES - Yogurt/Milk	<b>15</b> AM - Raisin Bread/Milk  Baked Chicken Sweet Potato Fries Peaches Biscuit/Milk  ES - WG Cracker/Milk	<b>16</b> AM - Carrots/Milk  Fish Fillets Lima Beans Kiwi Brown Rice/Milk  ES - String Cheese/Milk	<b>17</b> AM - English Muffin/Milk  Cheese Pizza Green Beans Fruit Cocktail Milk  ES - Oatmeal/Milk	<b>18</b> AM - Rice Cakes/Milk  PB & J/String Cheese Carrots Strawberries Wheat Bread/Milk  ES - Frozen Bananas/Milk	<b>19</b>
<b>20</b>	<b>21</b> AM - Apple /Milk  Grilled Cheese Tomato Soup Pineapple Wheat Bread/Milk  ES - Yogurt/Milk	<b>22</b> AM - Grapes/Milk  Scrambled Eggs Hash Browns Mandarin Oranges English Muffin/Milk  ES - WG Crackers/Milk	<b>23</b> AM - Croissants/Milk  Ham Sandwich Cucumbers Grapes Wheat Bread/Milk  ES - Pretzels/Milk	<b>24</b> AM - Cream of Wheat/Milk  Chicken Legs Cauliflower Fruit Cocktail Brown Rice/Milk  ES - Fruit Smoothie/Milk	<b>25</b> AM - Animal Crackers/Milk  Cheese Muffin Pizza Salad Applesauce Milk  ES - Oatmeal/Milk	<b>26</b>
<b>27</b>	<b>28</b> AM - Applesauce/Milk  Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk  ES - String Cheese/Milk	<b>29</b> AM - French Toast/Milk  Lasagna w/Cheese Salad Strawberries Milk  ES - WG Crackers/Milk	<b>30</b> AM - Fruit Salad/Milk  Chicken Strips Broccoli Applesauce Brown Rice/Milk  ES - Yogurt/Milk	<b>31</b> AM - Kiwi/Milk  Scrambled Eggs Peas Oranges Wheat Toast/Milk  ES - Pretzels/Milk		