


August 2018

First Step to Nutrition

Breakfast, Lunch & PM Snack - 1% Milk/Whole Milk served to children age 1 WG = whole grain

* Provider Signature: _____

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