



July 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
30 Hamburger Sweet Potato Fries Watermelon Bun/milk WG Cherrios Banana/Milk PM - Fruit Salad/Milk	31					1
2 Cheese Muffin Pizza Lima Beans Peaches WG English Muffin/milk Pancakes Kiwi/milk PM - Frozen Banana/milk	3	4 Happy 4th! 	5 PB & J w/ String Cheese Cucumbers Apple Wheat Bread / milk Bagels Grapes/milk PM - Waffles/milk	6 Chicken Tenders Broccoli Fruit Cocktail Brown Rice/ milk English Muffins Cuties/milk PM - Chex Mix/milk	7 Macaroni & Cheese Tomato Slices Mandarin Oranges milk Mini Wheats Strawberries/milk PM - Fruit cocktail/milk	8
9 Meat Lasagna Salad Peaches milk WG Waffles Blueberries/milk PM - Raisin Bread/milk	10	11 Chicken Drumsticks Potatoes Apple Biscuits/ milk Oatmeal Banana/milk PM - Carrots/milk	12 Sloppy Joes Corn Pineapple Bun / milk Corn Flakes Watermelon/milk PM - WG crackers/milk	13 Chicken Salad Cucumbers Fruit Cocktail Wheat Bread / milk French Toast Strawberries/milk PM - Pretzels/milk	14 Tuna Noodle Casserole Peas Watermelon milk WG English Muffins Apple/milk PM - Croissants/milk	15
16 Cheese Muffin Pizza Broccoli Fruit Salad WG English Muffin/milk Mini Wheats Grapes/milk PM - Watermelon/milk	17	18 Fish Fillets Green Beans Mandarin Oranges Macaroni & Cheese / milk WG Pancakes Blueberries/milk PM -Celery/PB/milk	19 Vegetable Beef Soup Carrots/Celery Watermelon Noodles / milk Cream of Wheat Cantaloupe/milk PM - Waffles/milk	20 Turkey & Cheese Cucumbers Fruit Cocktail WG Tortilla Wrap/ milk Waffles Peaches/milk PM - Pretzels/milk	21 Grilled Cheese Broccoli Pineapple Wheat Bread / milk Corn Flakes Bananas/milk PM - Blueberries/milk	22
23 Egg Salad Red Beets Fruit Cocktail Pita Bread / milk WG Cheerios Banana/milk PM - Peach Smoothie/milk	24	25 Grilled Ham & Cheese Cucumbers Pears Wheat Bread / milk Bagels Watermelon/milk PM - Grapes/milk	26 Chicken Soup Carrots/Potatotoes Apple Wild Rice/milk French Toast Strawberries/milk PM - Bagel/milk	27 Cheese Ziti Salad Watermelon Milk WGPancakes Blueberries/milk PM - Frozen Banana/milk	28 Chicken Stir Fry Broccoli Peaches Brown Rice/Milk Waffles Banana/Milk PM - Yogurt/milk	29