



July 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
30	31					1
	AM - Nectarines/milk Spaghetti and Meatballs Salad Peaches Milk ES - Oatmeal/milk					
2	3	4	5	6	7	8
	AM - String Cheese/milk Sloppy Joes Corn Watermelon WG Roll/milk ES - Pretzels/milk	Happy 4th! 	AM - Soft Pretzel/milk Baked Chicken Green Beans Pineapple Roll / milk ES - Oatmeal/milk	AM - Fruit Salad/milk Spaghetti & Meatballs Salad Peaches milk ES - Bagel/milk	AM - Fruit Smoothie/milk Grilled Cheese Cucumbers Peaches Wheat Bread / milk ES - French Toast/milk	
9	10	11	12	13	14	15
	AM - WG Crackers/milk Hamburger Corn Apples Bun / milk ES - Pretzels/milk	AM - Rice Cakes/milk Egg Salad Cucumber Slices Oranges Wheat Bread / milk ES - Celery/PB/milk	AM - French Toast/milk English Muffin Pizza Salad Applesauce WG English Muffin/milk ES - Bagel/milk	AM - Apples/PB/milk Turkey & Cheese Lettuce/ Tomato Kiwi Wheat Bread / milk ES - Goldfish/milk	AM - Grapes/milk Fish Fillets Green Beans Fruit Cocktail Brown Rice/ milk ES - Yogurt/milk	
16	17	18	19	20	21	22
	AM - Apple and PB/milk Cheeseburger Green Beans Watermelon Bun / milk ES - WG Crackers/milk	AM - Applesauce/milk Turkey and Cheese Carrots Peaches Wheat Bread/ milk ES - Yogurt/ milk	AM - Mini-Bagels/milk Baked Cheese Ziti Broccoli Pears milk ES - WG Cherrios/milk	AM - Carrots/milk Grilled Cheese Tomato Soup Apple Wheat Bread / milk ES - String Cheese/milk	AM - Fruit Salad/milk Ham & Cheese Omelet Tomato Slices Kiwi WG English Muffin / milk ES - Pretzels/ milk	
23	24	25	26	27	28	29
	AM - Celery/PB/ milk Ham Green Beans Applesauce Brown Rice / milk ES - String Cheese/milk	AM - Applesauce/milk Macaroni & Cheese Tomato slices Pineapple milk ES -WG crackers/milk	AM - Yogurt/milk Baked Chicken Potato Salad Pears Roll/milk ES - Oatmeal/Milk	AM - String Cheese/milk Fish Fillets Mixed Veg Peaches Wild Rice/Milk ES - Croissant/milk	AM - Crepes/milk English Muffin Pizza Green Beans Nectarine WG English MuffinMilk ES - Banana Smoothie/Milk	