


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