


# July 2018

## First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/Whole Milk served to children age 1 WG = whole grain

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 AM - Nectarines/milk  Spaghetti and Meatballs Salad Peaches Milk  ES - WG Oatmeal/milk	3 AM - Animal Crackers/milk  Pork Chops Green Beans Applesauce WG Rice/milk  ES - Pretzels/milk	4  AM - Fruit Salad/milk  Cheese Tortellini Salad Apples Milk  ES - WG Cherrios/milk	5 AM - Fruit Salad/milk  Cheese Tortellini Salad Apples Milk  ES - WG Cherrios/milk	6 AM - Bagels/milk  Cheese Pizza Muffins Broccoli Pears WG English Muffin/milk  ES - String Cheese/milk	7
8	9 AM - Croissant/milk  Sloppy Joes Corn Watermelon WG Roll/milk  ES - Pretzels/milk	10 AM - French Toast/milk  Cheese Omelette Peas Mandarin Oranges WG Toast/milk  ES - Yogurt/milk	11 AM - Soft Pretzel/milk  Baked Chicken Green Beans Pineapple Roll / milk  ES - WG Oatmeal/milk	12 AM - Fruit Salad/milk  Spaghetti & Meatballs Salad Peaches milk  ES - WG Bagel/milk	13 AM - Fruit Smoothie/milk  Grilled Cheese Cucumbers Peaches WG Wheat Bread / milk  ES - French Toast/milk	14
15	16 AM - Applesauce/milk  Hamburger Corn Apples Bun / milk  ES - WG Crackers/milk	17 AM - Rice Cakes/milk  Egg Salad Cucumber Oranges WG Bread / milk  ES - Celery/PB/milk	18 AM - French Toast/milk  English Muffin Pizza Salad Applesauce WG English Muffin/milk  ES - Bagel/milk	19 AM - Apples/PB/milk  Turkey & Cheese Carrots Kiwi WG Wheat Bread / milk  ES - Goldfish/milk	20 AM - Grapes/milk  Fish Fillets Green Beans Fruit Cocktail WG Brown Rice/ milk  ES - Yogurt/milk	21
22	23 AM - Apple and PB/milk  Cheeseburger Green Beans Watermelon Bun / milk  ES - WG Teddy Grahams/m	24 AM - Applesauce/milk  PB and J w/Cheese Carrots Peaches WG Wheat Bread/ milk  ES - Yogurt/ milk	25 AM - Mini-Bagels/milk  Baked Cheese Ziti Broccoli Pears milk  ES - WG Cherrios/milk	26 AM - Carrots/milk  Grilled Cheese Tomato Soup Apple WG Wheat Bread / milk  ES - String Cheese/milk	27 AM - Fruit Salad/milk  Ham & Cheese Omelet Tomato Slices Kiwi WG English Muffin / milk  ES - Pretzels/ milk	28
29	30 AM - Celery/PB/ milk  Ham Green Beans Applesauce WG Brown Rice / milk  ES - String Cheese/milk	31 AM - Apples/milk  Macaroni & Cheese Stewed Tomatoes Pineapple milk  ES -WG crackers/milk			