


JUNE 2017

First Step to Nutrition

AM Snack, Dinner & Evening Snack - Meals Include 1% Lowfat Milk

* Provider Signature: _____

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----------|---|---|--|---|---|-----------|
| |  | | | <p>AM - English Muffin/Milk ¹</p> <p>Grilled Cheese Green Beans Kiwi Wheat Bread/Milk</p> <p>ES - Yogurt/Milk</p> | <p>AM - Watermelon/Milk ²</p> <p>Tuna Noodle Mixed Veg Pineapple Milk</p> <p>ES - Whole Grain Ckr/Milk</p> | |
| 4 | <p>AM - Banana/Milk ⁵</p> <p>Sloppy Joes Corn Nectarines Wheat Bun/Milk</p> <p>ES - Graham Crackers/Milk</p> | <p>AM - String Cheese/Milk ⁶</p> <p>Chicken Drumsticks Baked Beans Fruit Cocktail Wild Rice/Milk</p> <p>ES - Oatmeal/Milk</p> | <p>AM - Cantaloupe/Milk ⁷</p> <p>Spaghetti w/ Meatballs Salad Pears Milk</p> <p>ES - Whole Grain Ckr/Milk</p> | <p>AM - French Toast/Milk ⁸</p> <p>Vegetable Beef Soup Carrots Strawberries Crackers/Milk</p> <p>ES - Cheerios/Milk</p> | <p>AM - Soft Pretzels/Milk ⁹</p> <p>Egg Salad Pickles Peaches Wheat Pita Bread/Milk</p> <p>ES - Bagel/Milk</p> | 10 |
| 11 | <p>AM - Apples/Milk ¹²</p> <p>Meatloaf Corn Applesauce Wheat Roll/Milk</p> <p>ES - Celery and PB/Milk</p> | <p>AM - Cantaloupe/Milk ¹³</p> <p>Turkey Sandwich Cucumbers Grapes Wheat Bread/Milk</p> <p>ES - Goldfish/Milk</p> | <p>AM - Carrots/Milk ¹⁴</p> <p>Baked Fish Lima Beans Kiwi Fish Crackers/Milk</p> <p>ES - Oatmeal/Milk</p> | <p>AM - Yogurt/Milk ¹⁵</p> <p>Cheese Muffin Pizza Green Beans Blueberries Milk</p> <p>ES - Wheat Toast/Milk</p> | <p>AM - Cuties/Milk ¹⁶</p> <p>PB & J/String Cheese Cucumbers Strawberries Wheat Bread/Milk</p> <p>ES - Pretzels/Milk</p> | 17 |
| 18 | <p>AM - Applesauce /Milk ¹⁹</p> <p>Grilled Cheese Tomato Soup Pineapple Wheat Bread/Milk</p> <p>ES - Nectarines/Milk</p> | <p>AM - Watermelon/Milk ²⁰</p> <p>Scrambled Eggs Hash Browns Mandarins Wheat English Muffins/Milk</p> <p>ES - Bananas/Milk</p> | <p>AM - Oatmeal/Milk ²¹</p> <p>Ham Corn Grapes Corn Muffin/Milk</p> <p>ES - Soft Pretzel/Milk</p> | <p>AM - Cream of Wheat/Milk ²²</p> <p>Homemade Chicken Soup Carrots & Celery Fruit Cocktail Wild Rice/Milk</p> <p>ES - Yogurt/Milk</p> | <p>AM - Blueberries/Milk ²³</p> <p>Cheese Muffin Pizza Salad Applesauce Milk</p> <p>ES - Whole Grain Ckr/Milk</p> | 24 |
| 25 | <p>AM - Watermelon/Milk ²⁶</p> <p>Chicken Salad Veg Tray Fruit Cocktail Wheat Bread/Milk</p> <p>ES - Croissants/Milk</p> | <p>AM - French Toast/Milk ²⁷</p> <p>Cheeseburger Broccoli Strawberries Wheat Bun/Milk</p> <p>ES - Apple and PB/Milk</p> | <p>AM - Banana/Milk ²⁸</p> <p>Beef Stir fry Snow Peas Pineapple Brown Rice/Milk</p> <p>ES - Oatmeal/Milk</p> | <p>AM - English Muffins/Milk ²⁹</p> <p>Beef Tacos Lettuce/Tomato Peaches Whole Grain Taco/Milk</p> <p>ES - String Cheese/Milk</p> | <p>AM - Pancakes/Milk ³⁰</p> <p>Grilled Cheese Tomato Soup Pears Wheat Bread/Milk</p> <p>ES - Bananas/Milk</p> | |