


June 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 Pork Stir Fry Broccoli Pineapple WG Brown Rice/Milk Bagel Applesauce/Milk PM - Fruit Salad/Milk	2
3 Beef Tacos Lettuce/Tomato Apples Taco Shell/Milk WG Toast Peaches/Milk PM - Applesauce/Milk	4 Ziti/Meatsauce Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	5 Grilled Sausage Green Beans Fruit Cocktail Macaroni Salad/Milk Cream of Wheat Watermelon/Milk PM-WG Crackers/Milk	6 Chicken Legs Potato Wedges Applesauce WG Roll/Milk English Muffins Grapes/Milk PM - Froz Bananas/Milk	7 Macaroni & Cheese Broccoli Pears Milk Mini Wheats Plums/Milk PM - WG GoldFish/Milk	8	9
10 PB&J w/ string cheese Carrots Fruit Cocktail WG Bread/Milk Waffles Cutie/Milk PM - Watermelon/Milk	11 Baked Fish Scalloped Potatoes Applesauce Roll/Milk WG Cinnamon Toast Bananas/Milk PM - Yogurt/Milk	12 Grilled Cheese Green Beans Peaches WG Bread/Milk Cheerios Grapes/Milk PM - Animal Crackers/Milk	13 Sloppy joes Cauliflower Strawberries WG Bun/Milk Mini Wheats Bananas/Milk PM -Rice Cakes/PB/Milk	14 Ham Sandwich Cucumbers Fruit Salad Bread/Milk WG Oatmeal Peaches/Milk PM - Blueberries/Milk	15	16
17 Lasagna w/Beef Salad Pears Milk WG Toast Strawberries/Milk PM-French Toast/Milk	18 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Pancakes Grapes/Milk PM -Strawberries/Milk	19 Turkey Sandwich Broccoli Fruit Cocktail WG Bread/Milk Bagels Plums/Milk PM - Fruit Salad/Milk	20 Chicken Drumsticks Lima Beans Watermelon WG Brown Rice/Milk Kix Cutie/Milk PM - Celery/PB/Milk	21 PB&J w/ string cheese Carrots Apples WG Bread/Milk Cream of Wheat Bananas/Milk PM - Animal Crackers/Milk	22	23
24 Homemade Chicken Soup Carrots & Celery Pineapple Noodles/Milk WG Toast Apple/Milk PM - Rice Cakes/PB/Milk	25 Cheese Muffin Pizza Green Beans Peaches Milk WG Oatmeal Banana/Milk PM - Nectarines/Milk	26 Cheese Quiche Peas Pineapple Pie Crust/Milk WG Cherrios Plums/Milk PM - Strawberries/Milk	27 Ham Lima Beans Pineapple WG Roll/Milk Waffles Watermelon/Milk PM - Yogurt/Milk	28 Chicken Salad Cucumbers Strawberries WG Tortillas/Milk Grits Peaches/Milk PM - Graham Crackers/Milk	29	30