

October 2017

First Step To Nutrition

Breakfast, Lunch & PM Snack - Meals include 1% Lowfat Milk WG - whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	Chicken Drumsticks Corn Kiwi Brown Rice/Milk English Muffins Pears/Milk PM - Applesauce/Milk	Cheese Pizza Muffins Green Beans Pineapple English Muffin/Milk WG Pancakes Peaches/Milk PM - Animal Crackers/Milk	Beef Tacos Lettuce/Tomato Nectarines Soft Totilla/Milk Wheat Toast Applesauce/Milk PM - Yogurt/Milk	Cheese Ziti Salad Mandarin Oranges Milk WG Cherrios Banana/Milk PM - String Cheese/Milk	Pot Roast Carrots Pears Dumplings/Milk Waffles Peaches/Milk PM WG Crackers/Milk	7
8	Hamburgers Tater Tots Fruit Cocktail Bun/Milk WG Pancakes Strawberries/Milk PM - Rice Cakes/Milk	Meatloaf Corn Pineapple Brown Rice/Milk Corn Flakes Pears/Milk PM - Apples/Milk	Turkey Breast Mixed Vegetables Mandarins Corn Muffins/Milk WG Bagels Grapes/Milk PM - Grahams/Milk	Spaghetti w/ Meatballs Salad Peaches Milk Oatmeal Apples/Milk PM - Carrots & Dip/Milk	Grilled Cheese Lima Beans Apple Wheat Bread/Milk Kix Bananas/Milk PM - Baked Apples/Milk	14
15	Baked Ham Sweet Potatoes Corn Biscuits/Milk WG Cherrios Apple/Milk PM-Pretzels/Milk	Turkey & Cheese Carrots Kiwi Wheat Bread/Milk Pancakes Peaches/Milk PM - Yogurt/Milk	Macaroni and Cheese Stewed Tomatoes Applesauce Milk Corn Flakes Pears/Milk PM - WG Crackers/Milk	Chicken Salad Cucumbers Apple Pita Bread/Milk Oatmeal Bananas/Milk PM - String Cheese/Milk	Fish Sticks Green Beans Fruit Cocktail Brown Rice/Milk French Toast Sticks Applesauce/Milk PM-Fruit Salad/Milk	21
22	Lasagna w/ Meatsauce Salad Pears Milk Kix Banana/Milk PM - WG Crackers/Milk	Vegetable Beef Soup Mixed Vegetables Peaches Saltines/Milk Wheat Toast Pineapple/Milk PM - Vegy Tray/Milk	Scrambled Eggs Hash Browns Orange English Muffin/Milk WG Waffles Apples/Milk PM-Yogurt/Milk	Chicken Stir Fry Broccoli Fruit Salad Brown Rice/Milk Bagels Grapes/Milk PM - Applesauce/Milk	Tuna Noodle Casserole Peas Pineapple Milk WG Cherrios Pears/Milk PM - Plums/Milk	28
29	Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk Oatmeal Banana/Milk PM - Yogurt/Milk	Sloppy Joes Green Beans Pineapple Bun/Milk WG Waffles Pears/Milk PM - Grahams/Milk				