

# October 2017

## First Step To Nutrition

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

**WG = whole grain**

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 AM - French Toast/Milk  Cheese Pizza Broccoli Fruit Cocktail Milk  ES - WG Crackers/Milk	3 AM - Yogurt/Milk  Baked Chicken Broccoli Plums Brown Rice/Milk  ES - Rice Cakes/Milk	4 AM - Pancakes/Milk  Scrambled Egg Peas Oranges Wheat Toast/Milk  ES - String Cheese/Milk	5 AM - Crepes/Milk  Sloppy Joes Sweet Potato Fries Applesauce WG Bun/Milk  ES - Pretzels/Milk	6 AM - Bagels/Milk  Grilled Cheese Tomato Soup Kiwi Wheat Toast/Milk  ES - Chex Mix/Milk	7
8	9 AM-Waffles/Milk  Chicken Noodle Soup Carrots & Celery Applesauce Milk  ES - Oatmeal/Milk	10 AM - Celery & PB/Milk  Hot Dog Baked Beans Peaches Bun/Milk  ES-WG Crackers/Milk	11 AM - Pears/Milk  Broccoli & Cheese Soup Cheese Cubes Fruit Salad WG Crackers/Milk  ES - Soft Pretzel/Milk	12 AM-Blueberries/Milk  Hamburgers Green Beans Pineapple Bun/Milk  ES -Wheat Cinn Toast/Milk	13 AM - Yogurt/Milk  Tuna Salad Cucumbers Apricots Pita/Milk  ES - Grits/Milk	14
15	16 AM - String Cheese/Milk  Chicken Tenders Corn Orange Brown Rice/Milk  ES - Animal Crackers/Milk	17 AM - Bagels/Milk  Cheese Pizza Salad Fruit Cocktail Milk  ES-Oatmeal/Milk	18 AM - Fruit Cocktail/Milk  Grilled Cheese Tomato Soup Grapes Wheat Bread/Milk  ES - Pretzels/Milk	19 AM- Yogurt/Milk  Tuna Noodle Casserole Peas Peaches Milk  ES-WG Bagel/Milk	20 AM - Grahams/Milk  Turkey and Cheese Pickles Pears Wheat Bread/Milk  ES- Chex Mix/Milk	21
22	23 AM-Cream of Wheat/Milk  Cheese Pizza Lima Beans Mandarins Milk  ES - WG Waffles/Milk	24 AM - Crepes/Milk  PB&J Sandwich w/cheese Carrots Kiwi Wheat Bread/Milk  ES - Applesauce/Milk	25 AM - French Toast/Milk  Beef Tacos Lettuce/Tomato Apple Taco Shell/Milk  ES-Oatmeal/Milk	26 AM - Celery/PB/Milk  Ham & Cheese Omelet Green Beans Pineapple Wheat Toast/Milk  ES - Yogurt/Milk	27 AM -String Cheese/Milk  Fish Sticks Green Beans Kiwi Pilaf Rice/Milk  ES - Grits/Milk	28
29	30 AM - French Toast/Milk  Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk  ES - WG Cherrios/Milk	31 AM-String Cheese/Milk  Sausage Peas Fruit Salad Noodles/Milk  ES - WG Crackers/Milk				