

October 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
	<p>1</p> <p>Chicken Drumsticks Corn Kiwi WG Brown Rice/Milk</p> <p>English Muffins Pears/Milk PM - Applesauce/Milk</p>	<p>2</p> <p>Cheese Pizza Muffins Green Beans Pineapple English Muffin/Milk</p> <p>WG Waffles Peaches/Milk PM - Animal Crackers/Milk</p>	<p>3</p> <p>Beef Tacos Lettuce/Tomato Nectarines Soft Totilla/Milk</p> <p>WG Wheat Toast Applesauce/Milk PM - Yogurt/Milk</p>	<p>4</p> <p>Cheese Ziti Salad Mandarin Oranges Milk</p> <p>WG Cherrios Banana/Milk PM - String Cheese/Milk</p>	<p>5</p> <p>Pot Roast Carrots Pears Dumplings/Milk</p> <p>WG Toast Peaches/Milk PM Sweet Pot. Chips/Milk</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Baked Fish Tater Tots Fruit Cocktail Bun/Milk</p> <p>WG Waffles Strawberries/Milk PM - Rice Cakes/Milk</p>	<p>9</p> <p>Meatloaf Corn Pineapple WG Brown Rice/Milk</p> <p>Corn Flakes Pears/Milk PM - Apples/Milk</p>	<p>10</p> <p>Turkey Breast Mixed Vegetables Mandarins Corn Muffins/Milk</p> <p>WG Bagels Grapes/Milk PM - Grahams/Milk</p>	<p>11</p> <p>Spaghetti w/ Meatballs Salad Peaches Milk</p> <p>WG Oatmeal Apples/Milk PM - Carrots & Dip/Milk</p>	<p>12</p> <p>Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk</p> <p>Kix Bananas/Milk PM - Baked Apples/Milk</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Baked Ham Sweet Potatoes Corn Biscuits/Milk</p> <p>WG Cherrios Apple/Milk PM-Pretzels/Milk</p>	<p>16</p> <p>Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk</p> <p>Pancakes Peaches/Milk PM - Yogurt/Milk</p>	<p>17</p> <p>Macaroni and Cheese Stewed Tomatoes Applesauce Milk</p> <p>Corn Flakes Pears/Milk PM - WG Crackers/Milk</p>	<p>18</p> <p>Chicken Salad Cucumbers Apple Pita Bread/Milk</p> <p>WG Oatmeal Bananas/Milk PM - String Cheese/Milk</p>	<p>19</p> <p>Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk</p> <p>French Toast Sticks Applesauce/Milk PM-Fruit Salad/Milk</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Lasagna w/ Meatsauce Salad Pears Milk</p> <p>Kix Banana/Milk PM - WG Crackers/Milk</p>	<p>23</p> <p>Vegetable Beef Soup Mixed Vegetables Peaches Saltines/Milk</p> <p>WG Wheat Toast Pineapple/Milk PM - Vegy Tray/Milk</p>	<p>24</p> <p>Scrambled Eggs Hash Browns Orange English Muffin/Milk</p> <p>WG Waffles Apples/Milk PM-Yogurt/Milk</p>	<p>25</p> <p>Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk</p> <p>Bagels Grapes/Milk PM - Applesauce/Milk</p>	<p>26</p> <p>Tuna Noodle Casserole Peas Pineapple Milk</p> <p>WG Cherrios Pears/Milk PM - Plums/Milk</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk</p> <p>WG Oatmeal Banana/Milk PM - Yogurt/Milk</p>	<p>30</p> <p>Sloppy Joes Green Beans Pineapple Bun/Milk</p> <p>WG Waffles Pears/Milk PM - Grahams/Milk</p>	<p>31</p> <p>Cheese Ravioli Carrots Pears Milk</p> <p>WG Cherrios Peaches/Milk PM - Animal Crackers/Milk</p>			