

October 2018

First Step To Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/Whole Milk served to children age 1 WG = whole grain

* Provider Signature: _____

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