



September 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
					<p>1</p> <p>Turkey Sandwich Cucumbers Fruit Salad Wheat Bread/milk</p> <p>Oatmeal Pears/milk PM - Baked Apple/milk</p>	<p>2</p>
3		<p>4</p> <p>Meatloaf Scalloped Potatoes Kiwi Wheat Roll / milk</p> <p>Corn Flakes Banana/milk PM - Apricots/milk</p>	<p>5</p> <p>PB & J w/ Cheese Cubes Broccoli Apple Wheat Bread / milk</p> <p>Bagels Grapes/milk PM - Raisin Bread/milk</p>	<p>6</p> <p>Chicken Tenders Corn Fruit Cocktail Brown Rice / milk</p> <p>English Muffins Orange/milk PM - Grahams/milk</p>	<p>7</p> <p>Macaroni & Cheese Fresh Tomatoes Fruit Cocktail milk</p> <p>Mini Wheats Pears/milk PM - Frozen Banana/milk</p>	8
10	<p>11</p> <p>Spaghetti & Meatballs Salad Peaches milk</p> <p>Oatmeal Peaches/milk PM - Rice Cakes/milk</p>	<p>12</p> <p>Chicken Salad Sandwich Cucumbers Apple Pita Bread / milk</p> <p>Wheat Toast Pears/milk PM - Carrots/milk</p>	<p>13</p> <p>Sloppy Joes Corn Pineapple Bun / milk</p> <p>WG Cherrios Banana/milk PM -Yogurt/milk</p>	<p>14</p> <p>Baked Ham Lima Beans Kiwi Brown Rice/ milk</p> <p>French Toast Strawberries/milk PM - Pretzels/milk</p>	<p>15</p> <p>Tuna Noodle Casserole Peas Applesauce milk</p> <p>WG English Muffins Apple/milk PM - Raisin Bread/milk</p>	16
17	<p>18</p> <p>Cheese Pizza Broccoli Fruit Salad milk</p> <p>WG Cherrios Grapes/milk PM - Corn Muffin/milk</p>	<p>19</p> <p>Baked Fish Fillets Green Beans Orange Macaroni & Cheese / milk</p> <p>Wheat Toast Kiwi/milk PM -Celery/PB/milk</p>	<p>20</p> <p>Vegetable Beef Soup Carrots Apples Wild Rice / milk</p> <p>Cream of Wheat Peaches/milk PM - Yogurt/milk</p>	<p>21</p> <p>Turkey Sandwich Cucumbers Fruit Cocktail Wheat Bread/ milk</p> <p>Waffles Peaches/milk PM - Pretzels/milk</p>	<p>22</p> <p>Grilled Cheese Sandwich Fresh Veg Plate Pineapple Wheat Bread / milk</p> <p>Corn Flakes Bananas/milk PM - Rice Cakes/milk</p>	23
24	<p>25</p> <p>Spanish Rice w/ Meat Butternut Squash Fruit Cocktail milk</p> <p>WG Cheerios Banana/milk PM - Nectarines/milk</p>	<p>26</p> <p>Quiche Peas Apples Pie Crust/milk</p> <p>Wheat Toast Peaches/milk PM- String Cheese/milk</p>	<p>27</p> <p>Chicken Pot Pie Carrots Applesauce Noodles/milk</p> <p>French Toast Pears/milk PM - WG crackers/milk</p>	<p>28</p> <p>Cheese Pizza Broccoli Peaches milk</p> <p>WG Bagel Strawberries/milk PM - Baked Pears/Milk</p>	<p>29</p> <p>Beef Tacos Lettuce/Tomato Plums milk</p> <p>Oatmeal Banana/milk PM - Grahams/milk</p>	30