



# September 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       |
|-----------|--|--|---|--|--|-----------|
|           |  |  |   |  | <p>1</p> <p>AM - Raisin Bread/milk</p> <p>Cheese Pizza<br/>Broccoli<br/>Nectarines<br/>milk</p> <p>ES - WG crackers/milk</p>                         | <p>2</p>  |
| <p>3</p>  |   | <p>4</p> <p>AM - Baked Apples/milk</p> <p>Hot Dog<br/>Baked Beans<br/>Kiwi<br/>Roll / milk</p> <p>ES - Wheat Toast/milk</p>      | <p>5</p> <p>AM - Rice Cakes/milk</p> <p>Baked Chicken<br/>Green Beans<br/>Pineapple<br/>Brown Rice / milk</p> <p>ES - Fruit Cocktail/milk</p> | <p>6</p> <p>AM - Pancakes/milk</p> <p>Spaghetti &amp; Meatballs<br/>Salad<br/>Mandarin oranges<br/>milk</p> <p>ES - WG crackers/milk</p> | <p>7</p> <p>AM - Yogurt/milk</p> <p>Grilled Ham &amp; Cheese<br/>Cucumbers<br/>Peaches<br/>Wheat Bread / milk</p> <p>ES - Goldfish/milk</p>          | <p>8</p>  |
| <p>10</p> | <p>11</p> <p>AM - Pretzels/milk</p> <p>Vegetable Beef Soup<br/>Corn &amp; Carrots<br/>Apple<br/>Wild Rice / milk</p> <p>ES - Applesauce/milk</p> | <p>12</p> <p>AM - Waffle/milk</p> <p>Egg Salad<br/>Cucumber<br/>Oranges<br/>Wheat Bread / milk</p> <p>ES - Celery/PB/milk</p>    | <p>13</p> <p>AM - Croissants/milk</p> <p>Beef Chili<br/>Red Beans<br/>Applesauce<br/>Brown Rice / milk</p> <p>ES - Cornbread/milk</p>         | <p>14</p> <p>AM - Apples/PB/milk</p> <p>Turkey &amp; Cheese<br/>Cucumbers<br/>Kiwi<br/>Wheat Bread / milk</p> <p>ES - Goldfish/milk</p>  | <p>15</p> <p>AM - Grapes/milk</p> <p>Fish Fillets<br/>Green Beans<br/>Fruit Cocktail<br/>Wild Rice / milk</p> <p>ES - Baked Pears/milk</p>           | <p>16</p> |
| <p>17</p> | <p>18</p> <p>AM - Applesauce/milk</p> <p>Cheeseburger<br/>Corn<br/>Watermelon<br/>Bun / milk</p> <p>ES - WG crackers/milk</p>                    | <p>19</p> <p>AM -Waffles/milk</p> <p>Beef Tacos<br/>Lettuce/Tomato<br/>Peaches<br/>WG Tortilla/milk</p> <p>ES - Yogurt/ milk</p> | <p>20</p> <p>AM - Mini-Bagels/milk</p> <p>Pork Roast<br/>Scalloped Potatoes<br/>Applesauce<br/>Biscuit/ milk</p> <p>ES - Oatmeal /milk</p>    | <p>21</p> <p>AM - Carrots &amp; Dip/milk</p> <p>Fish Fillets<br/>Peas<br/>Plums<br/>Wild Rice/ milk</p> <p>ES -Baked Apple/milk</p>      | <p>22</p> <p>AM - Bananas/milk</p> <p>Ham &amp; Cheese Omelet<br/>Tomato Slices<br/>Kiwi<br/>WG English Muffin / milk</p> <p>ES - Pretzels/ milk</p> | <p>23</p> |
| <p>24</p> | <p>25</p> <p>AM - Celery/PB/ milk</p> <p>Baked Ham<br/>Corn<br/>Peaches<br/>Brown Rice / milk</p> <p>ES - Grahams/milk</p>                       | <p>26</p> <p>AM- French Toast/milk</p> <p>Sloppy Joes<br/>French Fries<br/>Pears<br/>Bun/milk</p> <p>ES - Oatmeal/milk</p>       | <p>27</p> <p>AM- Crepes/Milk</p> <p>Pot Roast<br/>Potatoes<br/>Peaches<br/>Cornbread/milk</p> <p>ES - Soft Pretzel/milk</p>                   | <p>28</p> <p>AM - Pancakes/milk</p> <p>Beef Tacos<br/>Lettuce/tomato<br/>Grapes<br/>WG Tortilla/Milk</p> <p>ES - Yogurt/milk</p>         | <p>29</p> <p>AM - Waffles/milk</p> <p>Grilled Cheese<br/>Tomato Soup<br/>Cantaloupe<br/>Wheat Bread/milk</p> <p>ES - String Cheese/milk</p>          | <p>30</p> |