



September 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	
30						1	
2		3	4	5	6	7	8
		Meatloaf Scalloped Potatoes Kiwi WG Wheat Roll / milk Corn Flakes Banana/milk PM - Fruit Salsa/milk	PB & J w/ Cheese Cubes Broccoli Apple WG Wheat Bread / milk Bagels Grapes/milk PM - Raisin Bread/milk	Chicken Tenders Corn Fruit Cocktail WG Brown Rice / milk English Muffins Orange/milk PM - Grahams/milk	Macaroni & Cheese Fresh Tomatoes Pineapple milk WG Cherrios Pears/milk PM - Apples&PB/milk		
9	10	11	12	13	14	15	
Spaghetti & Meatballs Salad Peaches milk WG Oatmeal Peaches/milk PM - Rice Cakes/milk	Chicken Salad Sandwich Cucumbers Apple Pita Bread / milk WG Wheat Toast Pears/milk PM - Carrots/milk	Sloppy Joes Corn Pineapple Bun / milk WG Cherrios Banana/milk PM -Yogurt/milk	Baked Ham Lima Beans Kiwi WG Brown Rice/ milk French Toast Strawberries/milk PM - Pretzels/milk	Tuna Noodle Casserole Peas Applesauce milk WG English Muffins Apple/milk PM - Raisin Bread/milk			
16	17	18	19	20	21	22	
Cheese Pizza Broccoli Fruit Salad milk WG Cherrios Grapes/milk PM - Corn Muffin/milk	Baked Fish Fillets Green Beans Orange Macaroni & Cheese / milk WG Wheat Toast Kiwi/milk PM -Celery/PB/milk	Vegetable Beef Soup Carrots Apples WG Wild Rice / milk Cream of Wheat Peaches/milk PM - Yogurt/milk	Turkey Sandwich Cucumbers Fruit Cocktail WG Wheat Bread/ milk Waffles Peaches/milk PM - Pretzels/milk	Grilled Cheese Sandwich Fresh Veg Plate Pineapple WG Wheat Bread / milk Corn Flakes Bananas/milk PM - Fruit Salsa/milk			
23	24	25	26	27	28	29	
Spanish Rice w/ Meat Butternut Squash Fruit Cocktail milk WG Cheerios Banana/milk PM - Nectarines/milk	Quiche Peas Apples Pie Crust/milk WG Wheat Toast Peaches/milk PM- String Cheese/milk	Chicken Pot Pie Carrots Applesauce Noodles/milk French Toast Pears/milk PM - WG crackers/milk	Cheese Pizza Broccoli Peaches milk WG Bagel Strawberries/milk PM - Baked Pears/Milk	Beef Tacos Lettuce/Tomato Plums milk WG Oatmeal Banana/milk PM - Grahams/milk			