



September 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	
30						1	
2		3 AM - Baked Apples/milk Hot Dog Baked Beans Applesauce Roll / milk ES - WG Wheat Toast/milk	4 AM - Rice Cakes/milk Baked Chicken Green Beans Pineapple WG Brown Rice / milk ES - Fruit Cocktail/milk	5 AM - Pancakes/milk Spaghetti & Meatballs Salad Mandarin oranges milk ES - WG crackers/milk	6 AM - Yogurt/milk Grilled Ham & Cheese Cucumbers Peaches WG Wheat Bread / milk ES - Goldfish/milk	7	8
9	10 AM - Pretzels/milk Vegetable Beef Soup Corn & Carrots Apple WG Wild Rice / milk ES - Applesauce/milk	11 AM - Waffle/milk Egg Salad Red Beets Fruit Salad WG Wheat Bread / milk ES - Celery/PB/milk	12 AM - Croissants/milk Beef Chili Red Beans Applesauce WG Brown Rice / milk ES - Cornbread/milk	13 AM - Apples/PB/milk Turkey & Cheese Cucumbers Applesauce WG Wheat Bread / milk ES - Goldfish/milk	14 AM - Grapes/milk Fish Fillets Green Beans Fruit Cocktail WG Wild Rice / milk ES - Baked Pears/milk	15	
16	17 AM - Applesauce/milk Cheeseburger Corn Watermelon Bun / milk ES - WG crackers/milk	18 AM -Waffles/milk Beef Tacos Lettuce/Tomato Peaches WG Tortilla/milk ES - Yogurt/ milk	19 AM - Mini-Bagels/milk Pork Roast Scalloped Potatoes Applesauce Biscuit/ milk ES - WG Oatmeal /milk	20 AM - Carrots & Dip/milk Fish Fillets Peas Plums WG Wild Rice/ milk ES -Baked Apple/milk	21 AM - Croissants/milk Ham & Cheese Omelet Tomato Slices Kiwi WG English Muffin / milk ES - Pretzels/ milk	22	
23	24 AM - Celery/PB/ milk Baked Ham Corn Peaches WG Brown Rice / milk ES - Grahams/milk	25 AM- French Toast/milk Sloppy Joes French Fries Pears Bun/milk ES - WG Oatmeal/milk	26 AM- Crepes/Milk Pot Roast Potatoes Peaches Cornbread/milk ES - WG Cherrios/milk	27 AM - Pancakes/milk Beef Tacos Lettuce/tomato Grapes WG Tortilla/Milk ES - Yogurt/milk	28 AM - Waffles/milk Grilled Cheese Tomato Soup Cantaloupe WG Wheat Bread/milk ES - String Cheese/milk	29	