


# August 2020

## 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  | 31   |    |  |  |  | 1   |
|     | Spaghetti and Meatballs<br>Salad<br>Peaches<br>Milk<br><br>WG Cherrios<br>Banana/Milk<br>PM Animal crackers/Milk                         |  |  |  |  |     |
| 2   | 3  | 4  | 5  | 6  | 7  | 8   |
|     | Ham slice<br>Corn<br>Applesauce<br>WG Brown Rice/Milk<br><br>Pancakes<br>Peaches/Milk<br>PM - Watermelon/Milk                            | Cheese Lasagna<br>Salad<br>Pineapple<br>Milk<br><br>WG Cheerios<br>Banana/Milk<br>PM - Oranges/Milk                        | Scrambled Eggs<br>Spinach<br>Fruit Cocktail<br>WG Wheat Toast/Milk<br><br>French Toast<br>Watermelon/Milk<br>PM-WG English Muffin/Milk | Chicken<br>Mashed Potatoes<br>Apple<br>Biscuit/Milk<br><br>WG English Muffins<br>Grapes/Milk<br>PM - Peach Smoothie/Milk | Macaroni & Cheese<br>Broccoli<br>Pears<br>Milk<br><br>WG Cherrios<br>Plums/Milk<br>PM - Peaches/Milk                                     |     |
| 9   | 10   | 11   | 12   | 13   | 14   | 15  |
|     | Beef Tacos<br>Lettuce/Tomato<br>Fruit Cocktail<br>WG Tortillas/Milk<br><br>Waffles<br>Orange/Milk<br>PM - Bagel/Milk                     | Fish Fillets<br>Scalloped Potatoes<br>Applesauce<br>Roll/Milk<br><br>WG Wheat Toast<br>Applesauce/Milk<br>PM - Yogurt/Milk | Turkey Sandwich<br>Green Beans<br>Peaches<br>WG Wheat Bread/Milk<br><br>Bagel<br>Grapes/Milk<br>PM - Goldfish/Milk                     | Sloppy joes<br>Potato Skins<br>Strawberries<br>Bun/Milk<br><br>WG Cherrios<br>Bananas/Milk<br>PM -Rice Cakes wPB/Milk    | PBJ / String Cheese<br>Cucumbers<br>Fruit Salad<br>WG Wheat Bread/Milk<br><br>Pancakes<br>Peaches/Milk<br>PM - Croissants/Milk           |     |
| 16  | 17   | 18   | 19   | 20   | 21   | 22  |
|     | Stuffed Cheese Shells<br>Salad<br>Pears<br>Milk<br><br>French Toast<br>Strawberries/Milk<br>PM-WG Crackers/Milk                          | Chicken Stir Fry<br>Mixed Vegetables<br>Kiwi<br>WG Brown Rice/Milk<br><br>Cinnamon Toast<br>Grapes/Milk<br>PM -Yogurt/Milk | Grilled Cheese<br>Tomato Soup<br>Fruit Cocktail<br>WG Wheat Bread/Milk<br><br>Kix<br>Pears/Milk<br>PM - Veg Tray/Milk                  | Hamburger<br>Baked Beans<br>Kiwi<br>Bun/Milk<br><br>WG Cherrios<br>Peaches/Milk<br>PM - Celery wPB/Milk                  | Ham Sandwich<br>Carrots<br>Peaches<br>WG Wheat BreadMilk<br><br>Waffles<br>Bananas/Milk<br>PM - Watermelon/Milk                          |     |
| 23  | 24   | 25   | 26   | 27   | 28   | 29  |
|     | Homemade Chicken Soup<br>Carrots & Celery<br>Pineapple<br>WG Wild Rice/Milk<br><br>French Toast<br>Apple/Milk<br>PM - Soft Pretzels/Milk | Cheese Muffin Pizza<br>Green Beans<br>Peaches<br>Milk<br><br>WG Oatmeal<br>Banana/Milk<br>PM - Nectarines/Milk             | Scrambled Eggs<br>Peas<br>Strawberries<br>WG Wheat Pita/Milk<br><br>Pancakes<br>Blueberries/Milk<br>PM - Yogurt/Milk                   | Cheese Ravioli<br>Salad<br>Kiwi<br>Milk<br><br>WG Wheat Toast<br>Applesauce<br>PM - Watermelon/Milk                      | Turkey and Cheese Roll-up<br>Broccoli<br>Blueberries<br>Soft Tortilla/Milk<br><br>WG Cherrios<br>Banana/Milk<br>PM - Peach Smoothie/Milk |     |