


August 2021

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
1	2	3	4	5	6	7
Spaghetti and Meatballs Salad Peaches Milk WG Cherrios Banana/Milk PM Animal crackers/Milk	Scrambled Eggs Peas Strawberries WG Wheat Pita/Milk Pancakes Blueberries/Milk PM Yogurt/Milk	Turkey and Cheese Roll-up Broccoli Pears Soft Tortilla/Milk WG Oatmeal Banana/Milk PM Peach Smoothie/Milk	Zucchini Lasagna w/Cottage & Mozz cheese Fruit Cocktail Lasagna Noodles/Milk Bagel Strawberries/Milk PM WG Banana Sushi/Milk	Grilled Cheese Tomato Soup Pineapple WG Wheat Bread/Milk French Toast Applesauce/Milk PM Graham Crackers/Milk		
8	9	10	11	12	13	14
Ham slice Corn Applesauce WG Brown Rice/Milk Pancakes Peaches/Milk PM - Watermelon/Milk	Cheese Lasagna Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	Cheese Omelet Spinach Fruit Cocktail WG Wheat Toast/Milk French Toast Watermelon/Milk PM-WG English Muffin/Milk	Chicken Mashed Potatoes Apple Biscuit/Milk WG English Muffins Grapes/Milk PM - Peach Smoothie/Milk	Macaroni & Cheese Broccoli Pears Milk WG Cherrios Plums/Milk PM - Peaches/Milk		
15	16	17	18	19	20	21
Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk Waffles Orange/Milk PM - Bagel/Milk	Fish Fillets Scalloped Potatoes Applesauce Roll/Milk WG Wheat Toast Applesauce/Milk PM - Yogurt/Milk	Turkey Sandwich Green Beans Peaches WG Wheat Bread/Milk Bagel Grapes/Milk PM - Goldfish/Milk	Sloppy joes Potato Skins Strawberries Bun/Milk WG Cherrios Bananas/Milk PM -Rice Cakes wPB/Milk	PBJ / String Cheese Cucumbers Fruit Salad WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Croissants/Milk		
22	23	24	25	26	27	28
Stuffed Cheese Shells Salad Pears Milk French Toast Strawberries/Milk PM-WG Crackers/Milk	Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Cinnamon Toast Grapes/Milk PM -Yogurt/Milk	Grilled Cheese Tomato Soup Fruit Cocktail WG Wheat Bread/Milk Kix Pears/Milk PM - Veg Tray/Milk	Hamburger Baked Beans Kiwi Bun/Milk WG Cherrios Peaches/Milk PM - Celery wPB/Milk	Ham Sandwich Carrots Peaches WG Wheat BreadMilk Waffles Bananas/Milk PM - Watermelon/Milk		
29	30	31				
Homemade Chicken Soup Carrots & Celery Pineapple WG Wild Rice/Milk French Toast Apple/Milk PM - Soft Pretzels/Milk	Cheese Muffin Pizza Green Beans Peaches Milk WG Oatmeal Banana/Milk PM - Nectarines/Milk					