

# AUGUST 2021

## 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
<b>1</b>	<b>2</b> AM - Graham Crackers/Milk  Cheese Pizza Broccoli Pears Milk  ES - Peach Smoothie/Milk	<b>3</b> AM - Fruit Salad/Milk  Chicken Strips Broccoli Applesauce WG Brown Rice/Milk  ES - Pretzels/Milk	<b>4</b> AM - Watermelon/Milk  Quiche Spinach Oranges Pie Crust/Milk  ES - WG Cherrios/Milk	<b>5</b> AM - Animal Crackers/Milk  Ham Slice Corn Watermelon Biscuit/Milk  ES - WG Oatmeal/Milk	<b>6</b> AM - Bagel/Milk  Zuchinni Lasagna w/Cottage and Mozz Cheese Fruit Cocktail Lasagna Noodles/Milk  ES - WG Banana Sushi Roll/Milk	
<b>8</b>	<b>9</b> AM -Banana/Milk  Sloppy Joes Broccoli Apple WG Bun/Milk  ES - Graham Crackers/Milk	<b>10</b> AM-String Cheese/Milk  Chicken Legs Green Beans Fruit Cocktail Roll/Milk  ES - WG Oatmeal/Milk	<b>11</b> AM - Bagel/Milk  Baked Ziti w/cheese Salad Pears Milk  ES - WG Cracker/Milk	<b>12</b> AM - Waffles/Milk  Grilled Cheese Tomato Soup Strawberries WG Wheat Bread/Milk  ES - Kix/Milk	<b>13</b> AM - Soft Pretzels/Milk  Scrambled Eggs Spinach Pineapple WG Wheat Pita Bread/Milk  ES - Watermelon/Milk	<b>14</b>
<b>15</b>	<b>16</b> AM - Apples/Milk  Meatloaf Corn Applesauce WG Brown Rice/Milk  ES - Yogurt/Milk	<b>17</b> AM - Raisin Bread/Milk  Baked Chicken Sweet Potato Fries Peaches Biscuit/Milk  ES - WG Cracker/Milk	<b>18</b> AM - Carrots/Milk  Fish Fillets Lima Beans Kiwi WG Brown Rice/Milk  ES - String Cheese/Milk	<b>19</b> AM - English Muffin/Milk  Cheese Pizza Green Beans Fruit Cocktail Milk  ES - WG Oatmeal/Milk	<b>20</b> AM - Rice Cakes/Milk  Egg Salad Carrots Strawberries WG Wheat Bread/Milk  ES - Frozen Bananas/Milk	<b>21</b>
<b>22</b>	<b>23</b> AM - Apple /Milk  Grilled Cheese Tomato Soup Pineapple WG Wheat Bread/Milk  ES - Yogurt/Milk	<b>24</b> AM - Peaches/Milk  Scrambled Eggs Hash Browns Mandarin Oranges English Muffin/Milk  ES - WG Crackers/Milk	<b>25</b> AM - Croissants/Milk  Ham Sandwich Cucumbers Grapes WG Wheat Bread/Milk  ES - Pretzels/Milk	<b>26</b> AM - Cream of Wheat/Milk  Chicken Legs Cauliflower Fruit Cocktail WG Brown Rice/Milk  ES - Peach Smoothie/Milk	<b>27</b> AM - Animal Crackers/Milk  Cheese Pizza Muffin Salad Applesauce English Muffin/Milk  ES -WG Oatmeal/Milk	<b>28</b>
<b>29</b>	<b>30</b> AM - Yogurt/Milk  Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk  ES - String Cheese/Milk	<b>31</b> AM - French Toast/Milk  Lasagna w/Cheese Salad Strawberries Milk  ES - WG Crackers/Milk				