


July 2024

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
	<p>1</p> <p>Scrambled Eggs Peas Orange WG Toast/Milk</p> <p>Rice Krispies Banana/Milk PM - Blueberries/Milk</p>	<p>2</p> <p>PB Jelly/String Cheese Carrots Cuties WG Wheat Bread/Milk</p> <p>English Muffin Apples/Milk PM - Yogurt/Milk</p>	<p>3</p> <p>Chicken Quesidilla Peas Peaches WG Tortilla/Milk</p> <p>Cornflakes Banana/Milk PM - Watermelon/Milk</p>	<p>4</p> 	<p>5</p> <p>Grilled Cheese Cream of Broccoli Soup Pineapple WG Wheat Bread/Milk</p> <p>Pancakes Applesauce/Milk PM - Grahams/Milk</p>	6
7	<p>8</p> <p>Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk</p> <p>Kix Bananas/Milk PM - Watermelon/Milk</p>	<p>9</p> <p>Spaghetti and Meatballs Salad Pears Milk</p> <p>Waffles Strawberries/Milk PM - WG Crackers/Milk</p>	<p>10</p> <p>PB & J w/ String Cheese Cucumbers Apple WG Wheat Bread /Milk</p> <p>Bagels Grapes/Milk PM - Waffles/Milk</p>	<p>11</p> <p>Chicken Tenders Cauliflower Fruit Cocktail WG Brown Rice/Milk</p> <p>English Muffins Cuties/Milk PM - Chex Mix/Milk</p>	<p>12</p> <p>Macaroni & Cheese w/Broccoli Mandarin Oranges Milk</p> <p>Wheaties Strawberries/Milk PM - WG Cinn Toast/Milk</p>	13
14	<p>15</p> <p>Meat Lasagna Salad Peaches Milk</p> <p>WG Waffles Blueberries/Milk PM - Raisin Bread/Milk</p>	<p>16</p> <p>Chicken Drumsticks Potatoes Apple Biscuits/ Milk</p> <p>WG Oatmeal Banana/Milk PM - Carrots/Milk</p>	<p>17</p> <p>Sloppy Joes Corn Pineapple Bun /Milk</p> <p>Corn Flakes Watermelon/Milk PM - WG English Muffin/Milk</p>	<p>18</p> <p>Chicken Salad Cucumbers Fruit Cocktail WG Wheat Bread /Milk</p> <p>French Toast Strawberries/Milk PM - Pretzels/Milk</p>	<p>19</p> <p>Chicken Alfredo Salad Apples WG Rotini Pasta/Milk</p> <p>Pancakes Applesauce/Milk PM - Croissants/Milk</p>	20
21	<p>22</p> <p>Cheese Muffin Pizza Broccoli Fruit Salad WG English Muffin/Milk</p> <p>Kix Grapes/Milk PM - Watermelon/Milk</p>	<p>23</p> <p>Fish Fillets Green Beans Mandarin Oranges Macaroni & Cheese/Milk</p> <p>WG Pancakes Blueberries/Milk PM -Celery/PB/Milk</p>	<p>24</p> <p>Vegetable Beef Soup Carrots/Celery Watermelon Noodles/Milk</p> <p>WG Toast Cantaloupe/Milk PM - Frozen Bananas/Milk</p>	<p>25</p> <p>Turkey & Cheese Cucumbers Fruit Cocktail WG Tortilla Wrap/Milk</p> <p>Waffles Peaches/Milk PM - Pretzels/Milk</p>	<p>26</p> <p>Grilled Cheese Broccoli Pineapple WG Wheat Bread /Milk</p> <p>Corn Flakes Bananas/Milk PM - Strawberries/Milk</p>	27
28	<p>29</p> <p>Chicken Salad Sandwich Red Beets Fruit Cocktail Bun/Milk</p> <p>WG Cheerios Banana/Milk PM - Peach Smoothie/Milk</p>	<p>30</p> <p>Grilled Ham & Cheese Cucumbers Pears WG Wheat Bread/Milk</p> <p>Bagels Blueberries/Milk PM - Grapes/Milk</p>	<p>31</p> <p>Spaghetti and Meatballs Salad Cantaloupe Milk</p> <p>WG Toast Applesauce/Milk PM - Teddy Grahams/Milk</p>		