


July 2024

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
	<p><b>1</b></p> <p>AM - Bagels/milk</p> <p>Cheese Pizza Muffins Green Beans Pineapple WG English Muffin/milk</p> <p>ES - String Cheese/milk</p>	<p><b>2</b></p> <p>AM -Animal Crackers/milk</p> <p>Ham Sandwich Cucumber Watermelon WG Bread/milk</p> <p>ES - Pretzels/Milk</p>	<p><b>3</b></p> <p>AM - Yogurt/milk</p> <p>Turkey Cheese Roll-Up Broccoli Strawberries WG Tortilla/milk</p> <p>ES - Rice Cakes/milk</p>	<p><b>4</b></p> 	<p><b>5</b></p> <p>AM - French Toast/milk</p> <p>Spaghetti and Meatballs Salad Pears milk</p> <p>ES - Pretzels/milk</p>	<b>6</b>
<b>7</b>	<p><b>8</b></p> <p>AM - French Toast/milk</p> <p>Cheese Omelette Peas Mandarin Oranges WG Toast/milk</p> <p>ES - Yogurt/milk</p>	<p><b>9</b></p> <p>AM - Grahams/milk</p> <p>Macaroni and Cheese w/Broccoli Fruit Cocktail milk</p> <p>ES - Animal Crackers/milk</p>	<p><b>10</b></p> <p>AM - Soft Pretzel/milk</p> <p>Baked Chicken Peas Pineapple Roll / milk</p> <p>ES - WG Oatmeal/milk</p>	<p><b>11</b></p> <p>AM - Fruit Salad/milk</p> <p>Spaghetti &amp; Meatballs Salad Peaches milk</p> <p>ES - WG Bagel/milk</p>	<p><b>12</b></p> <p>AM - Fruit Smoothie/milk</p> <p>Grilled Cheese Cucumbers Peaches WG Wheat Bread / milk</p> <p>ES - French Toast/milk</p>	<b>13</b>
<b>14</b>	<p><b>15</b></p> <p>AM - Applesauce/milk</p> <p>Sloppy Joes Tator Tots Apples Bun / milk</p> <p>ES - WG Crackers/milk</p>	<p><b>16</b></p> <p>AM - Rice Cakes/milk</p> <p>Chicken Salad Cucumber Oranges WG Pita/milk</p> <p>ES - Celery/PB/milk</p>	<p><b>17</b></p> <p>AM - French Toast/milk</p> <p>English Muffin Pizza Salad Applesauce WG English Muffin/milk</p> <p>ES - Bagel/milk</p>	<p><b>18</b></p> <p>AM - Apples/PB/milk</p> <p>Turkey &amp; Cheese Roll-Up Carrots Kiwi WG Tortilla/ milk</p> <p>ES - Goldfish/milk</p>	<p><b>19</b></p> <p>AM - Grapes/milk</p> <p>Scrambled Eggs Hashbrowns Kiwi WG Toast/ milk</p> <p>ES - String Cheese/milk</p>	<b>20</b>
<b>21</b>	<p><b>22</b></p> <p>AM - Apple and PB/milk</p> <p>Cheeseburger Green Beans Watermelon Bun / milk</p> <p>ES - WG Oatmeal/milk</p>	<p><b>23</b></p> <p>AM - Applesauce/milk</p> <p>PB and J w/Cheese Carrots Peaches WG Wheat Bread/ milk</p> <p>ES - Yogurt/ milk</p>	<p><b>24</b></p> <p>AM - Mini-Bagels/milk</p> <p>Baked Cheese Ziti Broccoli Pears milk</p> <p>ES - WG Cherrios/milk</p>	<p><b>25</b></p> <p>AM - Carrots/milk</p> <p>Grilled Cheese Tomato Soup Apple WG Wheat Bread / milk</p> <p>ES - String Cheese/milk</p>	<p><b>26</b></p> <p>AM - Fruit Salad/milk</p> <p>Chicken Alfredo Peas Fruit Cocktail WG Rotini Pasta/ milk</p> <p>ES - Pretzels/ milk</p>	<b>27</b>
<b>28</b>	<p><b>29</b></p> <p>AM - Celery/PB/ milk</p> <p>Pork Cutlet Green Beans Applesauce WG Brown Rice / milk</p> <p>ES - String Cheese/milk</p>	<p><b>30</b></p> <p>AM - Apples/milk</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Pineapple milk</p> <p>ES -WG Bagel/milk</p>	<p><b>31</b></p> <p>AM- French Toast/milk</p> <p>Cheese Quiche Peas Peaches milk</p> <p>ES- Yogurt/milk</p>	