



# July 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
			<p>1 Turkey Roll-up Cucumbers Pears WG Soft Tortillas/Milk</p> <p>Pancakes Blueberries PM - String Cheese/milk</p>	<p>2 Hotdogs Baked Beans Strawberries Bun/Milk</p> <p>WG Waffles Peaches/Milk PM - Teddy Grahams/Milk</p>	<p>3 Scrambled Eggs Peas Orange WG Toast/milk</p> <p>Rice Krispies Banana/milk PM - Blueberry Parfait/milk</p>	
5	<p>6 Cheese Muffin Pizza Lima Beans Peaches WG English Muffin/milk</p> <p>Pancakes Kiwi/milk PM - Frozen Banana/milk</p>	<p>7 Chicken Stir-Fry Broccoli Pineapple WG Brown Rice/ milk</p> <p>Kix Banana/milk PM - Watermelon/milk</p>	<p>8 PB &amp; J w/ String Cheese Cucumbers Apple WG Wheat Bread / milk</p> <p>Bagels Grapes/milk PM - Waffles/milk</p>	<p>9 Chicken Tenders Cauliflower Fruit Cocktail WG Brown Rice/ milk</p> <p>English Muffins Cuties/milk PM - Chex Mix/milk</p>	<p>10 Macaroni &amp; Cheese Tomato Slices Mandarin Oranges milk</p> <p>Wheaties Strawberries/milk PM - WG Crackers/milk</p>	11
12	<p>13 Meat Lasagna Salad Peaches milk</p> <p>WG Waffles Blueberries/milk PM - Raisin Bread/milk</p>	<p>14 Chicken Drumsticks Potatoes Apple Biscuits/ milk</p> <p>WG Oatmeal Banana/milk PM - Carrots/milk</p>	<p>15 Sloppy Joes Corn Pineapple Bun / milk</p> <p>Corn Flakes Watermelon/milk PM - WG crackers/milk</p>	<p>16 Chicken Salad Cucumbers Fruit Cocktail WG Wheat Bread / milk</p> <p>French Toast Strawberries/milk PM - Pretzels/milk</p>	<p>17 Tuna Noodle Casserole Peas Watermelon milk</p> <p>WG English Muffins Apple/milk PM - Croissants/milk</p>	18
19	<p>20 Cheese Muffin Pizza Broccoli Fruit Salad WG English Muffin/milk</p> <p>Kix Grapes/milk PM - Watermelon/milk</p>	<p>21 Fish Fillets Green Beans Mandarin Oranges Macaroni &amp; Cheese / milk</p> <p>WG Pancakes Blueberries/milk PM -Celery/PB/milk</p>	<p>22 Vegetable Beef Soup Carrots/Celery Watermelon Noodles / milk</p> <p>WG Toast Cantaloupe/milk PM - Waffles/milk</p>	<p>23 Turkey &amp; Cheese Cucumbers Fruit Cocktail WG Tortilla Wrap/ milk</p> <p>Waffles Peaches/milk PM - Pretzels/milk</p>	<p>24 Grilled Cheese Broccoli Pineapple WG Wheat Bread / milk</p> <p>Corn Flakes Bananas/milk PM - Blueberries/milk</p>	25
26	<p>27 Egg Salad Red Beets Fruit Cocktail Pita Bread / milk</p> <p>WG Cheerios Banana/milk PM - Peach Smoothie/milk</p>	<p>28 Grilled Ham &amp; Cheese Cucumbers Pears WG Wheat Bread / milk</p> <p>Bagels Blueberries/milk PM - Grapes/milk</p>	<p>29 Spaghetti and Meatballs Salad Cantaloupe Milk</p> <p>WG Toast Applesauce/milk PM - Teddy Grahams/milk</p>	<p>30 Scrambled Eggs Peas Cutie WG Wheat Toast/Milk</p> <p>English Muffin Apples/milk PM - String Cheese/milk</p>	<p>31 Cheese Quesidilla Salad Peaches WG Tortilla/milk</p> <p>Corn Flakes Banana/milk PM - Watermelon/milk</p>	