



# July 2020

## 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
			1 AM - Fruit Salad/milk  Cheese Tortellini Salad Apples Milk  ES - WG Grahams/milk	2 AM - Yogurt/milk  Sloppy Joes French Fries Watermelon WG Bun/milk  ES - Pretzels/milk	3 AM - Bagels/milk  Cheese Pizza Muffins Broccoli Pears WG English Muffin/milk  ES - String Cheese/milk	4 
5	6 AM - Croissant/milk  Hamburger Corn Watermelon WG Roll/milk  ES - Pretzels/milk	7 AM - French Toast/milk  Cheese Omelette Peas Mandarin Oranges WG Toast/milk  ES - Yogurt/milk	8 AM - Soft Pretzel/milk  Baked Chicken Green Beans Pineapple Roll / milk  ES - WG Oatmeal/milk	9 AM - Fruit Salad/milk  Spaghetti & Meatballs Salad Peaches milk  ES - WG Bagel/milk	10 AM - Fruit Smoothie/milk  Grilled Cheese Cucumbers Peaches WG Wheat Bread / milk  ES - French Toast/milk	11
12	13 AM - Applesauce/milk  Sloppy Joes Tator Tots Apples Bun / milk  ES - WG Crackers/milk	14 AM - Rice Cakes/milk  Egg Salad Cucumber Oranges WG Bread / milk  ES - Celery/PB/milk	15 AM - French Toast/milk  English Muffin Pizza Salad Applesauce WG English Muffin/milk  ES - Bagel/milk	16 AM - Apples/PB/milk  Turkey & Cheese Roll-Up Carrots Kiwi WG Tortilla/ milk  ES - Goldfish/milk	17 AM - Grapes/milk  Fish Fillets Green Beans Fruit Cocktail WG Brown Rice/ milk  ES - Yogurt/milk	18
19	20 AM - Apple and PB/milk  Cheeseburger Green Beans Watermelon Bun / milk  ES - WG Grahams/milk	21 AM - Applesauce/milk  PB and J w/Cheese Carrots Peaches WG Wheat Bread/ milk  ES - Yogurt/ milk	22 AM - Mini-Bagels/milk  Baked Cheese Ziti Broccoli Pears milk  ES - WG Cherrios/milk	23 AM - Carrots/milk  Grilled Cheese Tomato Soup Apple WG Wheat Bread / milk  ES - String Cheese/milk	24 AM - Fruit Salad/milk  Ham & Cheese Omelet Hashbrowns Kiwi WG English Muffin / milk  ES - Pretzels/ milk	25
26	27 AM - Celery/PB/ milk  Ham Green Beans Applesauce WG Brown Rice / milk  ES - String Cheese/milk	28 AM - Apples/milk  Macaroni & Cheese Stewed Tomatoes Pineapple milk  ES -WG crackers/milk	29 AM- French Toast/milk  Cheese Quiche Peas Peaches milk  ES- Yogurt/milk	30 AM - Animal Crackers/milk  Hamburger Sweet Potatoe Fries Watermelon WG Bun/milk  ES - Pretzels/milk	31 AM - Blueberry Parfait/milk  Turkey Cheese Roll-Up Broccoli Strawberries WG Tortilla/milk  ES - Rice Cakes/milk	