



July 2021

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
				Hotdogs Baked Beans Strawberries Bun/Milk WG Waffles Peaches/Milk PM - Teddy Grahams/Milk	Scrambled Eggs Peas Orange WG Toast/milk Rice Krispies Banana/milk PM - Blueberries/milk	
	Cheese Muffin Pizza Lima Beans Peaches WG English Muffin/milk Pancakes Kiwi/milk PM - Frozen Banana/milk	Chicken Stir-Fry Broccoli Pineapple WG Brown Rice/ milk Kix Banana/milk PM - Watermelon/milk	PB & J w/ String Cheese Cucumbers Apple WG Wheat Bread / milk Bagels Grapes/milk PM - Waffles/milk	Chicken Tenders Cauliflower Fruit Cocktail WG Brown Rice/ milk English Muffins Cuties/milk PM - Chex Mix/milk	Macaroni & Cheese Tomato Slices Mandarin Oranges milk Wheaties Strawberries/milk PM - WG Crackers/milk	
	Meat Lasagna Salad Peaches milk WG Waffles Blueberries/milk PM - Raisin Bread/milk	Chicken Drumsticks Potatoes Apple Biscuits/ milk WG Oatmeal Banana/milk PM - Carrots/milk	Sloppy Joes Corn Pineapple Bun / milk Corn Flakes Watermelon/milk PM - WG crackers/milk	Chicken Salad Cucumbers Fruit Cocktail WG Wheat Bread / milk French Toast Strawberries/milk PM - Pretzels/milk	Vegetable Frittata w/spinach and mushrooms Watermelon Roll/milk WG English Muffins Apple/milk PM - Croissants/milk	
	Cheese Muffin Pizza Broccoli Fruit Salad WG English Muffin/milk Kix Grapes/milk PM - Watermelon/milk	Fish Fillets Green Beans Mandarin Oranges Macaroni & Cheese / milk WG Pancakes Blueberries/milk PM -Celery/PB/milk	Vegetable Beef Soup Carrots/Celery Watermelon Noodles / milk WG Toast Cantaloupe/milk PM - Frozen Bananas/milk	Turkey & Cheese Cucumbers Fruit Cocktail WG Tortilla Wrap/ milk Waffles Peaches/milk PM - Pretzels/milk	Grilled Cheese Broccoli Pineapple WG Wheat Bread / milk Corn Flakes Bananas/milk PM - Strawberries/milk	
	Egg Salad Red Beets Fruit Cocktail Pita Bread / milk WG Cheerios Banana/milk PM - Peach Smoothie/milk	Grilled Ham & Cheese Cucumbers Pears WG Wheat Bread / milk Bagels Blueberries/milk PM - Grapes/milk	Spaghetti and Meatballs Salad Cantaloupe Milk WG Toast Applesauce/milk PM - Teddy Grahams/milk	Scrambled Eggs Peas Cutie WG Wheat Toast/Milk English Muffin Apples/milk PM - String Cheese/milk	Cheese Quesidilla Salad Peaches WG Tortilla/milk Corn Flakes Banana/milk PM - Watermelon/milk	