


# July 2021

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