


June 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					
30						1					
2	AM -Banana/Milk Sloppy Joes Corn Nectarines WG Bun/Milk ES - Graham Crackers/Milk	3	AM-String Cheese/Milk Baked Chicken Baked Beans Fruit Cocktail WG Wild Rice/Milk ES - Pretzels/Milk	4	AM - Cantaloupe/Milk Spaghetti w/ Meatballs Salad Pears Milk ES - WG Toast/Milk	5	AM - French Toast/Milk Vegetable Beef Soup Carrots Strawberries Crackers/Milk ES - WG Cheerios/Milk	6	AM - Soft Pretzels/Milk Egg Salad Pickles Peaches WG Pita Bread/Milk ES - Smoothie/Milk	7	8
9	AM - Apples/Milk Meatloaf Corn Applesauce WG Roll/Milk ES - Celery and PB/Milk	10	AM - Cantaloupe/Milk Turkey Sandwich Cucumbers Grapes WG Bread/Milk ES - Pretzels/Milk	11	AM - Carrots/Milk Veg Frittata w/cheese Spinach Kiwi WG Toast/Milk ES - Graham Crackers/Milk	12	AM - Yogurt/Milk Cheese Muffin Pizza Green Beans Blueberries Milk ES - WG Toast/Milk	13	AM - Cuties/Milk PB & J/String Cheese Pepper Strips Strawberries WG Bread/Milk ES - Yogurt/Milk	14	15
16	AM - Applesauce /Milk Grilled Cheese Tomato Soup Pineapple WG Bread/Milk ES - Nectarines/Milk	17	AM - Watermelon/Milk Scrambled Eggs Hash Browns Mandarins WG English Muffins/Milk ES - Bananas/Milk	18	AM - Apples/Milk Ham Corn Grapes Corn Muffin/Milk ES - WG Crackers/Milk	19	AM - Cream of Wheat/Milk Homemade Chicken Soup Carrots & Celery Fruit Cocktail WG Wild Rice/Milk ES - Yogurt/Milk	20	AM - Blueberries/Milk Cheese Muffin Pizza Salad Applesauce Milk ES - WG GoldFish/Milk	21	22
23	AM - Watermelon/Milk Chicken Wrap Broccoli Banana WG Tortilla/Milk ES - Strawberries/Milk	24	AM - French Toast/Milk Meatloaf Peas Applesauce WG Roll/Milk ES - Apple and PB/Milk	25	AM - Croissants/Milk WG Caterpillar Pancakes Strawberries/Blueberries Celery/PB Milk ES - Pretzels/Milk/Milk	26	AM -Smoothie/Milk Grilled Cheese Vegetable Soup Peas WG Bread/Milk ES - Cutie/Milk	27	AM - Applesauce/Milk Chicken Stir Fry Snow Peas Pineapple WG Brown Rice/Milk ES - Waffles/Milk	28	29