

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