

## June 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
		<b>1</b> Cheese Muffin Pizza Green Beans Peaches WG English Muffin/Milk  Pancakes Strawberries/Milk PM - Apples/Milk	<b>2</b> Cheese Quiche Peas Pears Pie Crust/Milk  WG Cherrios Banana/Milk PM - Graham Crackers/Milk	<b>3</b> Ham Lima Beans Mashed Potatoes WG Roll/Milk  Waffles Watermelon/Milk PM - Grapes/Milk	<b>4</b> Chicken Salad Cucumbers Strawberries WG Tortillas/Milk  Bagel Blueberries/Milk PM - Watermelon/Milk	
<b>6</b>	<b>7</b> Beef Tacos Lettuce/Tomato Apples Taco Shell/Milk  WG Toast Peaches/Milk PM - Applesauce/Milk	<b>8</b> Ziti/ Meatsauce Salad Pineapple Milk  WG Cheerios Banana/Milk PM - Oranges/Milk	<b>9</b> Grilled Sausage Green Beans Fruit Cocktail Macaroni Salad/Milk  WG Oatmeal Watermelon/Milk PM-Mini Bagels/Milk	<b>10</b> Chicken Legs Potato Wedges Applesauce WG Roll/Milk  English Muffins Grapes/Milk PM - Froz Bananas/Milk	<b>11</b> Macaroni & Cheese Broccoli Pears Milk  Mini Wheats Plums/Milk PM - WG GoldFish/Milk	<b>12</b>
<b>13</b>	<b>14</b> PB&J w/ string cheese Carrots Fruit Cocktail WG Bread/Milk  Waffles Cutie/Milk PM - Watermelon/Milk	<b>15</b> Baked Fish Scalloped Potatoes Applesauce Roll/Milk  WG Cinnamon Toast Bananas/Milk PM - Blueberry Parfait/Milk	<b>16</b> Grilled Cheese Green Beans Peaches WG Bread/Milk  Cheerios Grapes/Milk PM - Animal Crackers/Milk	<b>17</b> Sloppy joes Cauliflower Strawberries WG Bun/Milk  Mini Wheats Pears/Milk PM -Rice Cakes/PB/Milk	<b>18</b> Ham Sandwich Cucumbers Fruit Salad Bread/Milk  WG Oatmeal Peaches/Milk PM - Blueberries/Milk	<b>19</b>
<b>20</b>	<b>21</b> Lasagna w/Beef Salad Pears Milk  WG Toast Strawberries/Milk PM-French Toast/Milk	<b>22</b> Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk  Pancakes Grapes/Milk PM -Strawberries/Milk	<b>23</b> Turkey Sandwich Broccoli Fruit Cocktail WG Bread/Milk  Bagels Plums/Milk PM - Fruit Salad/Milk	<b>24</b> Chicken Drumsticks Lima Beans Watermelon WG Roll/Milk  Kix Banana/Milk PM - Celery/PB/Milk	<b>25</b> PB&J w/ string cheese Carrots Apples WG Bread/Milk  Waffles Cutie/Milk PM - Animal Crackers/Milk	<b>26</b>
<b>27</b>	<b>28</b> Spaghetti & Meatballs Salad Fruit Cocktail Milk  WG Cherrios Banana/Milk PM - Animal Crackers/Milk	<b>29</b> Grilled Cheese Vegetable Soup Peaches WG Bread/Milk  Mini Wheats Strawberries/Milk PM Croissants/Milk	<b>30</b> Hawaiian Chicken Wrap Broccoli Banana WG Tortilla/Milk  Pancakes Blueberries/Milk PM - Watermelon/Milk			