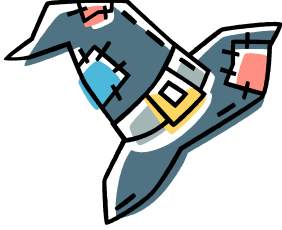


October 2020

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					
				<p>Cheese Ziti Salad Mandarin Oranges Milk</p> <p>WG Cherrios Banana/Milk PM - String Cheese/Milk</p>	<p>Pot Roast Carrots Pears Dumplings/Milk</p> <p>WG French Toast Cutie/Milk PM Sweet Pot. Chips/Milk</p>						
4	<p>Baked Fish Tater Tots Fruit Cocktail Bun/Milk</p> <p>WG Waffles Strawberries/Milk PM - Rice Cakes/Milk</p>	5	<p>Meatloaf Corn Pineapple WG Brown Rice/Milk</p> <p>Corn Flakes Pears/Milk PM - Apples/Milk</p>	6	<p>Turkey Breast Mixed Vegetables Pears Corn Muffins/Milk</p> <p>WG Bagels Grapes/Milk PM - Grahams/Milk</p>	7	<p>Spaghetti w/ Meatballs Salad Peaches Milk</p> <p>WG Oatmeal Apples/Milk PM - Carrots & Dip/Milk</p>	8	<p>Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk</p> <p>Kix Bananas/Milk PM - Baked Apples/Milk</p>	9	10
11	<p>Baked Ham Sweet Potatoes Corn Biscuits/Milk</p> <p>WG Cherrios Apple/Milk PM-Pretzels/Milk</p>	12	<p>Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk</p> <p>Pancakes Peaches/Milk PM - Yogurt/Milk</p>	13	<p>Macaroni and Cheese Stewed Tomatoes Applesauce Milk</p> <p>Corn Flakes Pears/Milk PM - WG Crackers/Milk</p>	14	<p>Chicken Salad Cucumbers Apple Pita Bread/Milk</p> <p>WG Oatmeal Bananas/Milk PM - String Cheese/Milk</p>	15	<p>Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk</p> <p>French Toast Sticks Applesauce/Milk PM-Fruit Salad/Milk</p>	16	17
18	<p>Lasagna w/ Meatsauce Salad Pears Milk</p> <p>Kix Banana/Milk PM - WG Crackers/Milk</p>	19	<p>Vegetable Beef Soup Mixed Vegetables Peaches Saltines/Milk</p> <p>WG Wheat Toast Pineapple/Milk PM - Carrots & dip/Milk</p>	20	<p>Scrambled Eggs Hash Browns Orange English Muffin/Milk</p> <p>WG Waffles Apples/Milk PM-Yogurt/Milk</p>	21	<p>Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk</p> <p>Bagels Grapes/Milk PM - Applesauce/Milk</p>	22	<p>Tuna Noodle Casserole Peas Pineapple Milk</p> <p>WG Cherrios Pears/Milk PM - Plums/Milk</p>	23	24
25	<p>Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk</p> <p>WG Oatmeal Banana/Milk PM - Yogurt/Milk</p>	26	<p>Sloppy Joes Green Beans Pineapple Bun/Milk</p> <p>WG Waffles Pears/Milk PM - Grahams/Milk</p>	27	<p>Cheese Ravioli Carrots Pears Milk</p> <p>WG Cherrios Peaches/Milk PM - Animal Crackers/Milk</p>	28	<p>Cheese Pizza Muffins Cucumbers Applesauce WG English Muffins/Milk</p> <p>Bagel Strawberries/Milk PM - Baked Apples/Milk</p>	29	<p>Spinach Quesadilla Mozzerella Cheese Mandarin Oranges WG Tortilla/Milk</p> <p>Rice Krispies Banana/Milk PM - PB Apple Wraps/Milk</p>	30	31