


October 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					
				AM - Crepes/Milk Hamburgers Sweet Potato Fries Applesauce WG Bun/Milk ES - Pretzels/Milk	AM - Bagels/Milk Spinach Quesadilla Mozzarella Cheese Kiwi WG Tortilla/Milk ES - PB Apple Wraps/Milk						
4	AM-Grahams/Milk Chicken Noodle Soup Carrots & Celery Applesauce Milk ES - WG Oatmeal/Milk	5	AM - Celery & PB/Milk Hot Dog Baked Beans Peaches Bun/Milk ES-WG Crackers/Milk	6	AM - Pears/Milk Broccoli & Cheese Soup Cheese Cubes Fruit Salad WG Crackers/Milk ES - Soft Pretzel/Milk	7	AM-Fruit Cocktail/Milk Sloppy Joes Green Beans Pineapple Bun/Milk ES -WG Cinn Toast/Milk	8	AM - Yogurt/Milk Tuna Salad Cucumbers Nectarines WG Pita/Milk ES - Grits/Milk	9	10
11	AM - String Cheese/Milk Chicken Tenders Green Beans Orange WG Brown Rice/Milk ES - Animal Crackers/Milk	12	AM - Bagels/Milk Cheese Pizza Salad Fruit Cocktail Milk ES-WG Oatmeal/Milk	13	AM - Fruit Cocktail/Milk Grilled Cheese Tomato Soup Grapes WG Wheat Bread/Milk ES - Pretzels/Milk	14	AM- Yogurt/Milk Chicken Pot Pie Peas Peaches Milk ES-WG Bagel/Milk	15	AM - Grahams/Milk Turkey and Cheese Pickles Pears WG Wheat Bread/Milk ES- Chex Mix/Milk	16	17
18	AM-Cream of Wheat/Milk Cheese Pizza Lima Beans Mandarins Milk ES - WG Waffles/Milk	19	AM - Bagel/Milk PB&J Sandwich w/cheese Carrots Kiwi WG Wheat Bread/Milk ES - Applesauce/Milk	20	AM - French Toast/Milk Beef Tacos Lettuce/Tomato Applesauce Taco Shell/Milk ES-WG Oatmeal/Milk	21	AM - Celery/PB/Milk Ham & Cheese Omelet Peas Pineapple WG Wheat Toast/Milk ES - Yogurt/Milk	22	AM -String Cheese/Milk Fish Sticks Green Beans Apples WG Brown Rice/Milk ES -Oatmeal/Milk	23	24
25	AM - French Toast/Milk Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk ES - WG Cherrios/Milk	26	AM-String Cheese/Milk Sausage Peas Fruit Salad Noodles/Milk ES - WG Crackers/Milk	27	AM-Sweet Pot. Chips/Milk Cheese Omelets Broccoli Plums WG Toast/Milk ES - Yogurt/Milk	28	AM - Animal Crackers/Milk Grilled Cheese Green Beans Kiwi WG Wheat Toast/Milk ES -Fish Crk/Milk	29	AM - Bagel/Milk Beef Tacos Lettuce/tomato Pineapple WG Tortilla/Milk ES - Baked Pears/Milk	30	31