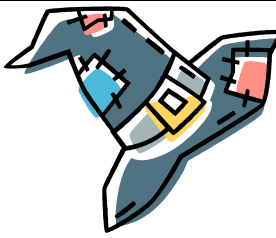


October 2021

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
31					1 Pot Roast Carrots Pears Dumplings/Milk WG French Toast Cutie/Milk PM Sweet Pot. Chips/Milk	2
3	4 Baked Fish Tater Tots Fruit Cocktail Bun/Milk WG Waffles Strawberries/Milk PM - Rice Cakes/Milk	5 Meatloaf Corn Pineapple WG Roll /Milk Corn Flakes Pears/Milk PM - Apples/Milk	6 Beef Picadillo Onions, Peppers, Tomato Pears WG Brown Rice/Milk WG Bagels Grapes/Milk PM - Grahams/Milk	7 Spaghetti w/ Meatballs Salad Peaches Milk WG Oatmeal Apples/Milk PM - Carrots & Dip/Milk	8 Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk Kix Bananas/Milk PM - Baked Apples/Milk	9
10	11 Baked Ham Sweet Potatoes Corn Biscuits/Milk WG Cherrios Apple/Milk PM-Pretzels/Milk	12 Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Yogurt/Milk	13 Macaroni and Cheese Stewed Tomatoes Applesauce Milk Corn Flakes Pears/Milk PM - WG Crackers/Milk	14 Chicken Salad Cucumbers Apple Pita Bread/Milk WG Oatmeal Bananas/Milk PM - String Cheese/Milk	15 Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk French Toast Sticks Applesauce/Milk PM-Fruit Salad/Milk	16
17	18 Lasagna w/ Meatsauce Salad Pears Milk Kix Banana/Milk PM - WG Crackers/Milk	19 Vegetable Beef Soup Mixed Vegetables Peaches Saltines/Milk WG Wheat Toast Pineapple/Milk PM - Carrots & dip/Milk	20 Scrambled Eggs Hash Browns Orange English Muffin/Milk WG Waffles Apples/Milk PM-Yogurt/Milk	21 Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk Bagels Grapes/Milk PM - Applesauce/Milk	22 Tuna Noodle Casserole Peas Pineapple Milk WG Cherrios Pears/Milk PM - Plums/Milk	23
24	25 Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk WG Oatmeal Banana/Milk PM - Yogurt/Milk	26 Sloppy Joes Green Beans Pineapple Bun/Milk WG Waffles Pears/Milk PM - Grahams/Milk	27 Cheese Ravioli Carrots Pears Milk WG Cherrios Peaches/Milk PM - Animal Crackers/Milk	28 Cheese Pizza Muffins Cucumbers Applesauce WG English Muffins/Milk Bagel Strawberries/Milk PM - Baked Apples/Milk	29 Cheese Quesadilla Pepper Strips Mandarin Oranges WG Tortilla/Milk Rice Krispies Banana/Milk PM - String Cheese/Milk	30