


October 2021

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
31					1	2
	<p>AM - Bagels/Milk</p> <p>Cheese Quesadilla Pepper Strips Kiwi WG Tortilla/Milk</p> <p>ES - PB Apple/Milk</p>					
3	4	5	6	7	8	9
<p>AM-Grahams/Milk</p> <p>Chicken Noodle Soup Carrots & Celery Applesauce Milk</p> <p>ES - WG Oatmeal/Milk</p>	<p>AM - Celery & PB/Milk</p> <p>Beef Picadillo Onions, Peppers, Tomato Peaches WG Brown Rice/Milk</p> <p>ES-String Cheese/Milk</p>	<p>AM - Pears/Milk</p> <p>Broccoli & Cheese Soup Cheese Cubes Fruit Salad WG Crackers/Milk</p> <p>ES - Soft Pretzel/Milk</p>	<p>AM-Fruit Cocktail/Milk</p> <p>Sloppy Joes Green Beans Pineapple Bun/Milk</p> <p>ES -WG Cinn Toast/Milk</p>	<p>AM - Yogurt/Milk</p> <p>Tuna Salad Cucumbers Nectarines WG Pita/Milk</p> <p>ES - Grits/Milk</p>		
10	11	12	13	14	15	16
<p>AM - String Cheese/Milk</p> <p>Chicken Tenders Green Beans Orange WG Brown Rice/Milk</p> <p>ES - Animal Crackers/Milk</p>	<p>AM - Bagels/Milk</p> <p>Cheese Pizza Salad Fruit Cocktail Milk</p> <p>ES-WG Oatmeal/Milk</p>	<p>AM - Fruit Cocktail/Milk</p> <p>Grilled Cheese Tomato Soup Grapes WG Wheat Bread/Milk</p> <p>ES - Pretzels/Milk</p>	<p>AM- Yogurt/Milk</p> <p>Chicken Pot Pie Peas Peaches Milk</p> <p>ES-WG Bagel/Milk</p>	<p>AM - Grahams/Milk</p> <p>Turkey and Cheese Pickles Pears WG Wheat Bread/Milk</p> <p>ES- Chex Mix/Milk</p>		
17	18	19	20	21	22	23
<p>AM-Cream of Wheat/Milk</p> <p>Cheese Pizza Muffins Lima Beans Mandarins WG English Muffins/Milk</p> <p>ES - Waffles/Milk</p>	<p>AM - Bagel/Milk</p> <p>PB&J Sandwich w/cheese Carrots Kiwi WG Wheat Bread/Milk</p> <p>ES - Applesauce/Milk</p>	<p>AM - French Toast/Milk</p> <p>Beef Tacos Lettuce/Tomato Applesauce Taco Shell/Milk</p> <p>ES-WG Oatmeal/Milk</p>	<p>AM - Celery/PB/Milk</p> <p>Ham & Cheese Omelet Peas Pineapple WG Wheat Toast/Milk</p> <p>ES - Yogurt/Milk</p>	<p>AM -String Cheese/Milk</p> <p>Fish Sticks Green Beans Apples WG Brown Rice/Milk</p> <p>ES -Oatmeal/Milk</p>		
24	25	26	27	28	29	30
<p>AM - French Toast/Milk</p> <p>Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk</p> <p>ES - WG Cherrios/Milk</p>	<p>AM-String Cheese/Milk</p> <p>Sausage Peas Fruit Salad Noodles/Milk</p> <p>ES - WG Crackers/Milk</p>	<p>AM-Sweet Pot. Chips/Milk</p> <p>Cheese Omelets Broccoli Plums WG Toast/Milk</p> <p>ES - Yogurt/Milk</p>	<p>AM - Animal Crackers/Milk</p> <p>Grilled Cheese Green Beans Kiwi WG Wheat Toast/Milk</p> <p>ES -Fish Crk/Milk</p>	<p>AM - Bagel/Milk</p> <p>Beef Tacos Lettuce/tomato Pineapple WG Tortilla/Milk</p> <p>ES - Baked Pears/Milk</p>		