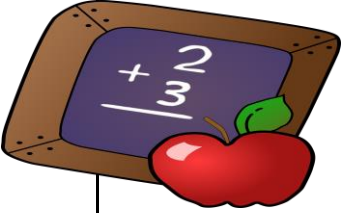



September 2020

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>1 Asian Chicken Wraps Shredded Cabbage Mandarin Oranges WG Wheat Tortillas/milk</p> <p>Pancakes Applesauce/milk PM - Peaches/milk</p>	<p>2 Cheese Pizza Muffins Green Beans Watermelon WG English Muffins/milk</p> <p>French Toast Blueberries/milk PM - Yogurt/milk</p>	<p>3 Beef Tacos Lettuce/tomato Pineapple WG Taco shells/milk</p> <p>Rice Krispies Banana/milk PM - Animal Crackers/milk</p>	<p>4 Scrambled Eggs Peas Fruit Cocktail WG Wheat Toast/milk</p> <p>Bagel Apples/milk PM - Rice Cakes/milk</p>	
6		<p>7 Meatloaf Scalloped Potatoes Kiwi WG Wheat Roll/milk</p> <p>Corn Flakes Banana/milk PM - Fruit Salad/milk</p>	<p>8 PB & J w/ Cheese Cubes Broccoli Apple WG Wheat Bread/milk</p> <p>Bagels Grapes/milk PM - Raisin Bread/milk</p>	<p>9 Chicken Tenders Corn Fruit Cocktail WG Brown Rice/milk</p> <p>English Muffins Orange/milk PM - Grahams/milk</p>	<p>10 Macaroni & Cheese Fresh Tomatoes Pineapple milk</p> <p>WG Cherrios Pears/milk PM - Apples&PB/milk</p>	12
13	<p>14 Spaghetti & Meatballs Salad Peaches milk</p> <p>WG Oatmeal Banana/milk PM - Rice Cakes/milk</p>	<p>15 Chicken Salad Sandwich Cucumbers Apple Pita Bread/milk</p> <p>WG Wheat Toast Applesauce/milk PM - Carrots and dip/milk</p>	<p>16 Sloppy Joes Corn Pineapple Bun/milk</p> <p>WG Cherrios Banana/milk PM -Yogurt/milk</p>	<p>17 Baked Ham Lima Beans Kiwi WG Brown Rice/milk</p> <p>French Toast Strawberries/milk PM - Pretzels/milk</p>	<p>18 Tuna Noodle Casserole Peas Applesauce milk</p> <p>WG English Muffins Apple/milk PM - Raisin Bread/milk</p>	19
20	<p>21 Cheese Pizza Broccoli Fruit Salad milk</p> <p>WG Cherrios Grapes/milk PM - Corn Muffin/milk</p>	<p>22 Baked Fish Fillets Green Beans Orange Macaroni & Cheese/milk</p> <p>WG Wheat Toast Applesauce/milk PM -Celery/PB/milk</p>	<p>23 Vegetable Beef Soup Carrots Apples WG Wild Rice/milk</p> <p>Cream of Wheat Peaches/milk PM - Yogurt/milk</p>	<p>24 Turkey Sandwich Cucumbers Fruit Cocktail WG Wheat Bread/milk</p> <p>Waffles Pears/milk PM - Pretzels/milk</p>	<p>25 Grilled Cheese Sandwich Tomato Soup Pineapple WG Wheat Bread/milk</p> <p>Corn Flakes Bananas/milk PM - Fruit Salad/milk</p>	26
27	<p>28 Spanish Rice w/Hamburger Butternut Squash Fruit Cocktail milk</p> <p>WG Cheerios Banana/milk PM - Nectarines/milk</p>	<p>29 Quiche Broccoli Apples Pie Crust/milk</p> <p>WG Wheat Toast Peaches/milk PM- String Cheese/milk</p>	<p>30 Chicken Pot Pie Carrots Applesauce Noodles/milk</p> <p>French Toast Strawberries/milk PM - WG crackers/milk</p>	