


September 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
		<p>1 AM - Animal Crackers/milk</p> <p>Beef Lasagna Salad Banana milk</p> <p>ES - WG Cherrios/milk</p>	<p>2 AM - Grahams/milk</p> <p>Scrambled Eggs Hashbrown Potatoes Orange WG Wheat Toast/milk</p> <p>ES - Rice Cakes/milk</p>	<p>3 AM - Waffle/milk</p> <p>Asian Chicken Wraps Shredded Cabbage Pineapple WG Wheat Tortillas/milk</p> <p>ES - Yogurt/milk</p>	<p>4 AM - Peach Smoothie/milk</p> <p>Chicken Pot Pie Carrots Applesauce Noodles/milk</p> <p>ES - WG crackers/milk</p>	
6		<p>7 AM - Baked Apples/milk</p> <p>Hot Dog Baked Beans Applesauce Roll / milk</p> <p>ES - WG Wheat Toast/milk</p>	<p>8 AM - Rice Cakes/milk</p> <p>Baked Chicken Green Beans Pineapple WG Brown Rice / milk</p> <p>ES - Fruit Cocktail/milk</p>	<p>9 AM - Pancakes/milk</p> <p>Spaghetti & Meatballs Salad Mandarin oranges milk</p> <p>ES - WG crackers/milk</p>	<p>10 AM - Yogurt/milk</p> <p>Grilled Ham & Cheese Cucumbers Peaches WG Wheat Bread / milk</p> <p>ES - Goldfish/milk</p>	12
13	<p>14 AM - Pretzels/milk</p> <p>Vegetable Beef Soup Corn & Carrots Apple WG Wild Rice / milk</p> <p>ES - Applesauce/milk</p>	<p>15 AM - Waffle/milk</p> <p>Egg Salad Red Beets Fruit Salad WG Wheat Bread / milk</p> <p>ES - Celery/PB/milk</p>	<p>16 AM - Croissants/milk</p> <p>Beef Chili Red Beans Applesauce WG Brown Rice / milk</p> <p>ES - Cornbread/milk</p>	<p>17 AM - Apples/PB/milk</p> <p>Turkey & Cheese Cucumbers Applesauce WG Wheat Bread / milk</p> <p>ES - Goldfish/milk</p>	<p>18 AM - Grapes/milk</p> <p>Fish Fillets Green Beans Fruit Cocktail WG Wild Rice / milk</p> <p>ES - Baked Pears/milk</p>	19
20	<p>21 AM - Applesauce/milk</p> <p>Cheeseburger Corn Watermelon Bun / milk</p> <p>ES - WG crackers/milk</p>	<p>22 AM -Waffles/milk</p> <p>Beef Tacos Lettuce/Tomato Peaches WG Tortilla/milk</p> <p>ES - Yogurt/ milk</p>	<p>23 AM - Mini-Bagels/milk</p> <p>Pork Roast Scalloped Potatoes Applesauce Biscuit/ milk</p> <p>ES - WG Oatmeal /milk</p>	<p>24 AM - Carrots & Dip/milk</p> <p>Fish Fillets Peas Plums WG Wild Rice/ milk</p> <p>ES -Baked Apple/milk</p>	<p>25 AM - Croissants/milk</p> <p>Ham & Cheese Omelet Green Beans Kiwi WG English Muffin / milk</p> <p>ES - Pretzels/ milk</p>	26
27	<p>28 AM - Celery/PB/ milk</p> <p>Baked Ham Corn Peaches WG Brown Rice / milk</p> <p>ES - Grahams/milk</p>	<p>29 AM- French Toast/milk</p> <p>Sloppy Joes French Fries Pears Bun/milk</p> <p>ES - WG Oatmeal/milk</p>	<p>30 AM - Bagel/milk</p> <p>Cheese Pizza Muffins Salad Fruit Cocktail WG English Muffins/milk</p> <p>ES - String Cheese/milk</p>		