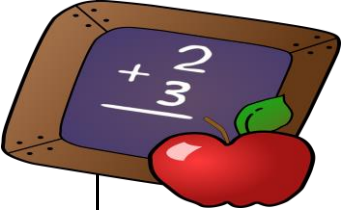



September 2021

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
			1 Cheese Pizza Muffins Green Beans Watermelon WG English Muffins/milk French Toast Blueberries/milk PM - Yogurt/milk	2 Beef Tacos Lettuce/tomato Strawberries WG Taco shells/milk Rice Krispies Banana/milk PM - Animal Crackers/milk	3 Scrambled Eggs Peas Fruit Cocktail WG Wheat Toast/milk Bagel Apples/milk PM - Rice Cakes/milk	4
5	6 	7 Meatloaf Scalloped Potatoes Kiwi WG Wheat Roll/milk Corn Flakes Banana/milk PM - Fruit Salad/milk	8 PB & J w/ Cheese Cubes Broccoli Apple WG Wheat Bread/milk Bagels Grapes/milk PM - Raisin Bread/milk	9 Chicken Tenders Corn Fruit Cocktail WG Brown Rice/milk English Muffins Orange/milk PM - Grahams/milk	10 Macaroni & Cheese Fresh Tomatoes Pineapple milk WG Cherrios Pears/milk PM - Apples&PB/milk	11
12	13 Spaghetti & Meatballs Salad Peaches milk WG Oatmeal Banana/milk PM - Rice Cakes/milk	14 Chicken Salad Sandwich Cucumbers Apple Pita Bread/milk WG Wheat Toast Applesauce/milk PM - Carrots and dip/milk	15 Sloppy Joes Corn Pineapple Bun/milk WG Cherrios Banana/milk PM -Yogurt/milk	16 Baked Ham Lima Beans Kiwi WG Brown Rice/milk French Toast Strawberries/milk PM - Pretzels/milk	17 Tuna Noodle Casserole Peas Applesauce milk WG English Muffins Apple/milk PM - Raisin Bread/milk	18
19	20 Cheese Pizza Broccoli Fruit Salad milk WG Cherrios Grapes/milk PM - Corn Muffin/milk	21 Baked Fish Fillets Green Beans Orange Macaroni & Cheese/milk WG Wheat Toast Applesauce/milk PM -Celery/PB/milk	22 Vegetable Beef Soup Carrots Apples WG Wild Rice/milk Cream of Wheat Peaches/milk PM - Yogurt/milk	23 Turkey Sandwich Cucumbers Fruit Cocktail WG Wheat Bread/milk Waffles Pears/milk PM - Pretzels/milk	24 Grilled Cheese Sandwich Tomato Soup Pineapple WG Wheat Bread/milk Corn Flakes Bananas/milk PM - Fruit Salad/milk	25
26	27 Spanish Rice w/Hamburger Butternut Squash Fruit Cocktail milk WG Cheerios Banana/milk PM - Nectarines/milk	28 Quiche Broccoli Fruit Cocktail Pie Crust/milk WG Wheat Toast Peaches/milk PM- String Cheese/milk	29 Chicken Pot Pie Carrots Applesauce Noodles/milk French Toast Strawberries/milk PM - WG crackers/milk	30 Chicken Fajita Peppers and Corn Pineapple WG Tortillas/Milk Pancakes Applesauce/milk PM - Animal Crakers/milk	