


September 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
			1 AM - Grahams/milk Scrambled Eggs Hashbrown Potatoes Orange WG Wheat Toast/milk ES - Rice Cakes/milk	2 AM - Waffle/milk Chicken Fajita Peppers and Corn Pineapple WG Wheat Tortillas/milk ES - Yogurt/milk	3 AM - Peach Smoothie/milk Chicken Pot Pie Carrots Applesauce Noodles/milk ES - WG crackers/milk	4
5	6 	7 AM - Baked Apples/milk Hot Dog Baked Beans Applesauce Roll / milk ES - WG Wheat Toast/milk	8 AM - Rice Cakes/milk Baked Chicken Green Beans Pineapple WG Brown Rice / milk ES - Fruit Cocktail/milk	9 AM - Pancakes/milk Spaghetti & Meatballs Salad Mandarin oranges milk ES - WG crackers/milk	10 AM - Yogurt/milk Grilled Ham & Cheese Cucumbers Peaches WG Wheat Bread / milk ES - Goldfish/milk	11
12	13 AM - Pretzels/milk Vegetable Beef Soup Corn & Carrots Apple WG Wild Rice / milk ES - Applesauce/milk	14 AM - Waffle/milk Egg Salad Red Beets Fruit Salad WG Wheat Bread / milk ES - Celery/PB/milk	15 AM - Croissants/milk Beef Chili Red Beans Applesauce WG Brown Rice / milk ES - Cornbread/milk	16 AM - Apples/PB/milk Turkey & Cheese Cucumbers Applesauce WG Wheat Bread / milk ES - Goldfish/milk	17 AM - Grapes/milk Fish Fillets Green Beans Fruit Cocktail WG Wild Rice / milk ES - Baked Pears/milk	18
19	20 AM - Applesauce/milk Cheeseburger Corn Watermelon Bun / milk ES - WG crackers/milk	21 AM -Waffles/milk Beef Tacos Lettuce/Tomato Peaches WG Tortilla/milk ES - Yogurt/ milk	22 AM - Mini-Bagels/milk Pork Roast Scalloped Potatoes Applesauce Biscuit/ milk ES - WG Oatmeal /milk	23 AM - Carrots & Dip/milk Fish Fillets Peas Plums WG Wild Rice/ milk ES -Baked Apple/milk	24 AM - Croissants/milk Ham & Cheese Omelet Green Beans Kiwi WG English Muffin / milk ES - Pretzels/ milk	25
26	27 AM - Celery/PB/ milk Baked Ham Corn Peaches WG Brown Rice / milk ES - Grahams/milk	28 AM- French Toast/milk Sloppy Joes French Fries Pears Bun/milk ES - WG Oatmeal/milk	29 AM - Bagel/milk Cheese Pizza Muffins Peas Fruit Cocktail WG English Muffins/milk ES - String Cheese/milk	30 AM - Yogurt/milk Beef Lasagna Salad Grapes Lasagna Noodle/milk ES - WG CinnToast/milk	