


August 2024

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
				Chickpea Salad Tomato/Cucumber Pears Breadsticks/Milk WG Oatmeal Strawberries/Milk PM PB Banana/Milk	Grilled Cheese Tomato Soup Pineapple WG Wheat Bread/Milk French Toast Applesauce/Milk PM Graham Crackers/Milk	
4	Ham slice Corn Applesauce WG Brown Rice/Milk Pancakes Peaches/Milk PM - Watermelon/Milk	Cheese Lasagna Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	Cheese Omelet Spinach Fruit Cocktail WG Wheat Toast/Milk French Toast Watermelon/Milk PM-WG English Muffin/Milk	Chicken Mashed Potatoes Apple Biscuit/Milk WG English Muffins Grapes/Milk PM - Peach Smoothie/Milk	Macaroni & Cheese Broccoli Pears Milk WG Cherrios Plums/Milk PM - Peaches/Milk	10
11	Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk Waffles Orange/Milk PM - Bagel/Milk	Fish Fillets Scalloped Potatoes Applesauce Roll/Milk WG Wheat Toast Applesauce/Milk PM - Yogurt/Milk	Turkey Sandwich Green Beans Peaches WG Wheat Bread/Milk Bagel Grapes/Milk PM - Goldfish/Milk	Sloppy joes Potato Skins Strawberries Bun/Milk WG Cherrios Bananas/Milk PM -Rice Cakes wPB/Milk	PBJ / String Cheese Cucumbers Fruit Salad WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Croissants/Milk	17
18	Stuffed Cheese Shells Salad Pears Milk French Toast Strawberries/Milk PM-WG Crackers/Milk	Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Cinnamon Toast Grapes/Milk PM -Yogurt/Milk	Grilled Cheese Tomato Soup Fruit Cocktail WG Wheat Bread/Milk Kix Pears/Milk PM - Veg Tray/Milk	Hamburger Baked Beans Kiwi Bun/Milk WG Cherrios Peaches/Milk PM - Celery wPB/Milk	Ham Sandwich Carrots Peaches WG Wheat BreadMilk Waffles Strawberries PM - Watermelon/Milk	24
25	Homemade Chicken Soup Carrots & Celery Pineapple WG Wild Rice/Milk French Toast Apple/Milk PM - Soft Pretzels/Milk	Cheese Muffin Pizza Green Beans Peaches Milk WG Oatmeal Banana/Milk PM - Nectarines/Milk	Beef Tacos Lettuce/Tomato Apple WG Tortillas/Milk Pancakes Blueberries/Milk PM - Graham Ckr/Milk	Spaghetti and Meatballs Salad Pears WG Spaghetti/Milk Cheerios Banana/Milk PM - Fish Crackers/Milk	Scrambled Eggs Peas Strawberries WG Wheat Pita/Milk Bagel Peaches/Milk PM - Fruit Salad/Milk	31