


# June 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
30						1
2	Beef Tacos Lettuce/Tomato Apples Taco Shell/Milk  WG Toast Peaches/Milk PM - Applesauce/Milk	3 Ziti/ Meatsauce Salad Pineapple Milk  WG Cheerios Banana/Milk PM - Oranges/Milk	4 Grilled Sausage Green Beans Fruit Cocktail Macaroni Salad/Milk  WG Oatmeal Watermelon/Milk PM-Mini Bagels/Milk	5 Chicken Legs Potato Wedges Applesauce WG Roll/Milk  English Muffins Grapes/Milk PM - Froz Bananas/Milk	6 Veg Frittata w/cheese Spinach Pears WG Toast/Milk  Rice Krispies Plums/Milk PM - GoldFish/Milk	8
9	PB&J w/ string cheese Carrots Fruit Cocktail WG Bread/Milk  Waffles Cutie/Milk PM - Watermelon/Milk	10 Baked Fish Scalloped Potatoes Applesauce Roll/Milk  WG Cinnamon Toast Bananas/Milk PM - Smoothie/Milk	11 WG Caterpillar Pancakes Strawberries/Blueberries Celery/PB Milk  Cheerios Grapes/Milk PM - Animal Crackers/Milk	12 Sloppy joes Cauliflower Watermelon WG Bun/Milk  Rice Krispies Pears/Milk PM -Rice Cakes/PB/Milk	13 Ham Sandwich Cucumbers Fruit Salad Bread/Milk  WG Oatmeal Peaches/Milk PM - Blueberries/Milk	14 15
16	Lasagna w/Beef Salad Pears Milk  WG Toast Strawberries/Milk PM-French Toast/Milk	17 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk  Pancakes Grapes/Milk PM -Strawberries/Milk	18 Turkey Sandwich Broccoli Fruit Cocktail WG Bread/Milk  Bagels Plums/Milk PM - Fruit Salad/Milk	19 Baked Chicken Lima Beans Watermelon WG Roll/Milk  Kix Banana/Milk PM - Celery/PB/Milk	20 PB&J w/ string cheese Carrots Apples WG Bread/Milk  Waffles Cutie/Milk PM - Animal Crackers/Milk	21 22
23	Spaghetti & Meatballs Salad Fruit Cocktail Milk  WG Cheerios Banana/Milk PM - Animal Crackers/Milk	24 Grilled Cheese Vegetable Soup Peaches WG Bread/Milk  Bagel Strawberries/Milk PM Croissants/Milk	25 Chicken Wrap Broccoli Banana WG Tortilla/Milk  Corn Muffins Blueberries/Milk PM - Watermelon/Milk	26 Beef Tacos Lettuce/Tomato Peaches WG Tortillas/Milk  Oatmeal Peaches/Milk PM - Fruit Cup/Milk	27 Scrambled Eggs Peas Pears WG Toast/Milk  Rice Krispies Banana/Milk PM - Blueberry Smoothie/Milk	28 29