

October 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
		1 Beef Ravioli with Cheese Carrots Pears Milk WG Cherrios Peaches/Milk PM Yogurt/Milk	2 Cheese Pizza Muffins Cucumbers Applesauce WG English Muffins/Milk Bagel Strawberries/Milk PM Pretzels/Milk	3 Cheese Quesadilla Pepper Strips Mandarin Oranges WG Tortilla/Milk Rice Krispies Banana/Milk PM String Cheese/Milk	4 Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk Crumpets Blueberries/Milk PM Graham Crackers/Milk	5
6	7 Baked Fish Tater Tots Fruit Cocktail Bun/Milk WG Waffles Strawberries/Milk PM - Rice Cakes/Milk	8 Meatloaf Corn Pineapple WG Roll /Milk Corn Flakes Pears/Milk PM - Apples/Milk	9 Chicken Fajita Onions, Peppers, Corn Pears WG Tortillas/Milk WG Bagels Grapes/Milk PM - Grahams/Milk	10 Spaghetti w/ Meatballs Salad Peaches Milk WG Oatmeal Apples/Milk PM - Carrots & Dip/Milk	11 Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk Kix Bananas/Milk PM - Baked Apples/Milk	12
13	14 Baked Ham Sweet Potatoes Corn Biscuits/Milk WG Cherrios Apple/Milk PM-Pretzels/Milk	15 Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Yogurt/Milk	16 Macaroni and Cheese Stewed Tomatoes Applesauce Milk Corn Flakes Pears/Milk PM - WG Crackers/Milk	17 Chicken Salad Cucumbers Apple Pita Bread/Milk WG Oatmeal Bananas/Milk PM - String Cheese/Milk	18 Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk French Toast Sticks Applesauce/Milk PM- Mini Bagel/Milk	19
20	21 Lasagna w/ Meatsauce Salad Pears Milk Kix Banana/Milk PM - WG Crackers/Milk	22 Vegetable Beef Soup Mixed Vegetables Peaches Saltines/Milk WG Wheat Toast Pineapple/Milk PM - Pretzels/Milk	23 Scrambled Eggs Hash Browns Orange English Muffin/Milk WG Waffles Apples/Milk PM-Yogurt/Milk	24 Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk Bagels Grapes/Milk PM - Applesauce/Milk	25 Tuna Noodle Casserole Peas Pineapple Milk WG Cherrios Pears/Milk PM - Plums/Milk	26
27	28 Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk WG Oatmeal Banana/Milk PM - Yogurt/Milk	29 Sloppy Joes Green Beans Pineapple Bun/Milk WG Waffles Pears/Milk PM - Graham Crackers/Milk	30 Turkey & Cheese Cucumbers Peaches WG Tortilla/Milk Rice Krispies Banana/Milk PM - Pretzels/Milk	31 Grilled Cheese Tomato Soup Banana WG Wheat Bread/Milk Pancakes Blueberries/Milk PM - Baked Apples/Milk		