

October 2024

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 - Oatmeal Bake/Milk Ham and Cheese Omelets Broccoli Plums WG Toast/Milk ES - Animal Crackers/Milk	2 AM - Yogurt/Milk Grilled Cheese Green Beans Kiwi WG Wheat Bread/Milk ES - Fish Crackers/Milk	3 AM - Bagel/Milk Tuna Salad Pickles Nectarines WG Pita/Milk ES - Pretzels/Milk	4 AM - String Cheese/Milk Spaghetti and Meatballs Salad Apples WG Spaghetti/Milk ES - Rice Cakes/Milk	
6	7 AM - Grahams/Milk Chicken Noodle Soup Carrots & Celery Applesauce Milk ES - WG Oatmeal/Milk	8 AM - Celery & PB/Milk Chicken Fajita Onions, Peppers, Corn Peaches WG Tortilla/Milk ES - String Cheese/Milk	9 AM - Pears/Milk Cream of Broccoli Soup Cheese Cubes Fruit Salad WG Crackers/Milk ES - Soft Pretzel/Milk	10 AM - Fruit Cocktail/Milk Sloppy Joes Green Beans Pineapple Bun/Milk ES - WG Cinn Toast/Milk	11 AM - Yogurt/Milk Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk ES - Grits/Milk	12
13	14 AM - String Cheese/Milk Chicken Tenders Green Beans Orange WG Brown Rice/Milk ES - Animal Crackers/Milk	15 AM - Bagels/Milk X Cheese Pizza Salad Fruit Cocktail Milk ES - WG Oatmeal/Milk	16 AM - Fruit Cocktail/Milk Grilled Cheese Tomato Soup Grapes WG Wheat Bread/Milk ES - Pretzels/Milk	17 AM - Yogurt/Milk Chicken Pot Pie Peas Peaches Milk ES - WG Bagel/Milk	18 AM - Grahams/Milk Turkey and Cheese Pickles Pears WG Wheat Bread/Milk ES - Chex Mix/Milk	19
20	21 AM - Corn Muffin/Milk Cheese Pizza Muffins Lima Beans Mandarins WG English Muffins/Milk ES - Waffles/Milk	22 AM - Bagel/Milk PB&J Sandwich w/cheese Carrots Kiwi WG Wheat Bread/Milk ES - Applesauce/Milk	23 AM - French Toast/Milk Beef Tacos Lettuce/Tomato Applesauce Taco Shell/Milk ES - WG Oatmeal/Milk	24 AM - Celery/PB/Milk Ham & Cheese Omelet Peas Pineapple WG Wheat Toast/Milk ES - Yogurt/Milk	25 AM - String Cheese/Milk Fish Sticks Green Beans Apples WG Brown Rice/Milk ES - Pretzels/Milk	26
27	28 AM - French Toast/Milk Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk ES - WG Cherrios/Milk	29 AM - String Cheese/Milk Sausage Peas Fruit Salad Noodles/Milk ES - WG Crackers/Milk	30 AM - Crumpets/Milk Grilled Cheese Tomato Soup Pears WG Wheat Bread/Milk ES - Yogurt/Milk	31 AM - Bagels/Milk Baked Chicken Carrots Fruit Salad Stuffing/Milk ES - WG Oatmeal/Milk		