

# September 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	 2	3 AM - Yogurt/milk  Pear and PB Pita Pockets Apples Carrots WG Pitas/milk  ES - Graham Crackers/milk	4 AM - Fruit Cocktail/milk  Grilled Cheese w/Cheddar and Peaches Carrots WG Wheat Bread/milk  ES - Cornbread/milk	5 AM - Skillet Peaches/milk  Beef Tacos Lettuce/Tomatoes Pineapple WG Tortillas/milk  ES - Rice Cakes/milk	6 AM - Peach Smoothie/milk  BBQ Beef Sliders Corn Applesauce WG Roll/milk  ES - Animal crackers/milk	7
8	9 AM - Yogurt/milk  Chicken Salad Sandwich w/Peaches Celery sticks WG Wheat Bread/milk  ES - Goldfish/milk	10 AM - Baked Apples/milk  Hot Dog Baked Beans Fruit Cocktail Roll / milk  ES - WG Wheat Toast/milk	11 AM - Rice Cakes/milk  Baked Chicken Green Beans Pineapple WG Brown Rice / milk  ES - Nectarines/milk	12 AM - Pancakes/milk  Spaghetti & Meatballs Salad Mandarin oranges milk  ES - WG crackers/milk	13 AM - Yogurt/milk  Grilled Ham & Cheese Cucumbers Peaches WG Wheat Bread / milk  ES - Animal Crackers/milk	14
15	16 AM - Pretzels/milk  Vegetable Beef Soup Corn & Carrots Apple WG Wild Rice / milk  ES - Applesauce/milk	17 AM - Graham Crackers/milk  Egg Salad Red Beets Fruit Salad WG Wheat Bread / milk  ES - Celery/PB/milk	18 AM - Croissants/milk  Beef Chili Red Beans Applesauce WG Brown Rice / milk  ES - Cornbread/milk	19 AM - Apples/PB/milk  Turkey & Cheese Cucumbers Applesauce WG Wheat Bread / milk  ES - Goldfish/milk	20 AM - Grapes/milk  Fish Fillets Green Beans Fruit Cocktail WG Wild Rice / milk  ES - Baked Pears/milk	21
22	23 AM - Applesauce/milk  Cheeseburger Corn Watermelon Bun / milk  ES - WG crackers/milk	24 AM -Waffles/milk  Beef Tacos Lettuce/Tomato Peaches WG Tortilla/milk  ES - Yogurt/ milk	25 AM - Mini-Bagels/milk  Pork Roast Scalloped Potatoes Applesauce Biscuit/ milk  ES - WG Cinn Toast /milk	26 AM - Carrots & Dip/milk  Fish Fillets Peas Plums WG Wild Rice/ milk  ES -Baked Apple/milk	27 AM - Croissants/milk  Ham & Cheese Omelet Green Beans Kiwi WG English Muffin / milk  ES - Rice Cakes/milk	28
29	30 AM - Celery/PB/ milk  Baked Ham Corn Peaches WG Brown Rice / milk  ES - Grahams/milk					