


July 2025

## 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
		<b>1</b> PB Jelly/String Cheese Carrots Cuties WG Wheat Bread/Milk  English Muffin Apples/Milk PM - Yogurt/Milk	<b>2</b> Chicken Quesidilla Peas Peaches WG Tortilla/Milk  Cornflakes Banana/Milk PM - Watermelon/Milk	<b>3</b> Grilled Cheese Cream of Broccoli Soup Pineapple WG Wheat Bread/Milk  Pancakes Applesauce/Milk PM - Grahams/Milk	<b>4</b> 	<b>5</b>
<b>6</b>	<b>7</b> Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk  Kix Bananas/Milk PM - Watermelon/Milk	<b>8</b> Spaghetti and Meatballs Salad Pears Milk  Waffles Strawberries/Milk PM - WG Crackers/Milk	<b>9</b> Ham & Cheese Pita Pizza Cucumbers Apple WG Pita Bread /Milk  Bagels Grapes/Milk PM - Waffles/Milk	<b>10</b> Chicken Tenders Cauliflower Fruit Cocktail WG Brown Rice/Milk  English Muffins Cuties/Milk PM - Chex Mix/Milk	<b>11</b> Macaroni & Cheese Broccoli Mandarin Oranges Milk  Wheaties Strawberries/Milk PM - WG Cinn Toast/Milk	<b>12</b>
<b>13</b>	<b>14</b> Meat Lasagna Salad Peaches Milk  WG Waffles Blueberries/Milk PM - Raisin Bread/Milk	<b>15</b> Chicken Drumsticks Potatoes Apple Biscuits/ Milk  WG Oatmeal Banana/Milk PM - Carrots/Milk	<b>16</b> Sloppy Joes Corn Pineapple Bun /Milk  Corn Flakes Watermelon/Milk PM - WG Crackers/Milk	<b>17</b> Chicken Salad Cucumbers Fruit Cocktail WG Wheat Bread /Milk  French Toast Strawberries/Milk PM - Pretzels/Milk	<b>18</b> Chicken Alfredo Salad Apples WG Rotini Pasta/Milk  Pancakes Applesauce/Milk PM - Croissants/Milk	<b>19</b>
<b>20</b>	<b>21</b> Cheese Muffin Pizza Broccoli Fruit Salad WG English Muffin/Milk  Kix Grapes/Milk PM - Watermelon/Milk	<b>22</b> Fish Fillets Green Beans Mandarin Oranges Macaroni & Cheese/Milk  WG Pancakes Blueberries/Milk PM -Celery/PB/Milk	<b>23</b> Vegetable Beef Soup Carrots/Celery Watermelon Noodles/Milk  WG Toast Cantaloupe/Milk PM - Frozen Bananas/Milk	<b>24</b> Turkey & Cheese Cucumbers Fruit Cocktail WG Tortilla Wrap/Milk  Waffles Peaches/Milk PM - Pretzels/Milk	<b>25</b> Grilled Cheese Broccoli Pineapple WG Wheat Bread /Milk  Corn Flakes Bananas/Milk PM - Strawberries/Milk	<b>26</b>
<b>27</b>	<b>28</b> Chicken Salad Sandwich Red Beets Fruit Cocktail Bun/Milk  WG Cheerios Banana/Milk PM - Peach Smoothie/Milk	<b>29</b> Grilled Ham & Cheese Cucumbers Pears WG Wheat Bread/Milk  Bagels Blueberries/Milk PM - Grapes/Milk	<b>30</b> Spaghetti and Meatballs Salad Cantaloupe Milk  WG Toast Applesauce/Milk PM - Teddy Grahams/Milk	<b>31</b> Avocado Rice Cakes w/Cherry Tomatoes String Cheese Watermelon/Milk  WG Oatmeal Blueberries/Milk PM - Animal Crackers/Milk	