

September 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
		<p>1</p> <p>2</p> <p>Grilled Cheese w/cheddar and Peaches Carrots WG Wheat Bread/milk</p> <p>Pancakes Pears/milk PM - Nectarines/milk</p>	<p>3</p> <p>Chicken Pot Pie Potatoes Applesauce Noodles/milk</p> <p>WG Cherrios Banana/milk PM - String Cheese/milk</p>	<p>4</p> <p>English Muffin Pizza w/cheese and tomatoes Blueberries WG Muffin/milk</p> <p>French Toast Apples/milk PM - Animal Crackers/milk</p>	<p>5</p> <p>Scrambled Eggs Peas Fruit Cocktail WG Wheat Toast/milk</p> <p>Owl English Muffin Blueberries/milk PM - Yogurt/milk</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Pear & PB Pita Pockets Apples Carrots WG Pitas/milk</p> <p>Waffles Strawberries/milk PM - Graham Crackers/milk</p>	<p>9</p> <p>Meatloaf Scalloped Potatoes Kiwi WG Wheat Roll/milk</p> <p>Corn Flakes Banana/milk PM - Fruit Salad/milk</p>	<p>10</p> <p>PB & J w/ Cheese Cubes Broccoli Apple WG Wheat Bread/milk</p> <p>Bagels Grapes/milk PM - Raisin Bread/milk</p>	<p>11</p> <p>Chicken Tenders Corn Fruit Cocktail WG Brown Rice/milk</p> <p>English Muffins Orange/milk PM - Pretzels/milk</p>	<p>12</p> <p>Macaroni & Cheese Fresh Tomatoes Pineapple milk</p> <p>WG Cherrios Pears/milk PM - Apples&PB/milk</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Spaghetti & Meatballs Salad Peaches milk</p> <p>WG Oatmeal Banana/milk PM - Rice Cakes/milk</p>	<p>16</p> <p>Chicken Salad Sandwich w/Peaches Celery sticks WG Wheat Bread/milk</p> <p>Waffles Applesauce/milk PM - Carrots and dip/milk</p>	<p>17</p> <p>Beef Hotdogs Corn Pineapple Bun/milk</p> <p>WG Cherrios Banana/milk PM -Yogurt/milk</p>	<p>18</p> <p>Baked Ham Lima Beans Kiwi WG Brown Rice/milk</p> <p>French Toast Strawberries/milk PM - Pretzels/milk</p>	<p>19</p> <p>BBQ Beef Sliders Peas Applesauce WG Roll/milk</p> <p>English Muffins Apple/milk PM - Raisin Bread/milk</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>X Cheese Pizza Broccoli Fruit Salad milk</p> <p>WG Cherrios Grapes/milk PM - Corn Muffin/milk</p>	<p>23</p> <p>Baked Fish Fillets Green Beans Orange Macaroni & Cheese/milk</p> <p>WG Wheat Toast Applesauce/milk PM -Celery/PB/milk</p>	<p>24</p> <p>Vegetable Beef Soup Carrots Apples WG Wild Rice/milk</p> <p>Oatmeal Peaches/milk PM - Yogurt/milk</p>	<p>25</p> <p>Turkey Sandwich Cucumbers Fruit Cocktail WG Wheat Bread/milk</p> <p>Waffles Pears/milk PM - Pretzels/milk</p>	<p>26</p> <p>Grilled Cheese Sandwich Tomato Soup Pineapple WG Wheat Bread/milk</p> <p>Corn Flakes Bananas/milk PM - Fruit Salad/milk</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Spanish Rice w/Hamburger Butternut Squash Fruit Cocktail milk</p> <p>WG Cheerios Banana/milk PM - Skillet Peaches/milk</p>	<p>30</p> <p>Cheese Ravioli Salad Applesauce Milk</p> <p>WG Toast Pears/milk PM - Yogurt/milk</p>				