



September 2025

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