



July 2026

First Step to Nutrition

AM Snack, Dinner & Eve Snack - Whole Milk served to children age 1 WG = whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1</p> <p>AM - Yogurt/milk</p> <p>Turkey Cheese Roll-Up Broccoli Strawberries WG Tortilla/milk</p> <p>ES - Rice Cakes/milk</p>	<p>2</p> <p>AM - French Toast/Milk</p> <p>Spaghetti and Meatballs Salad Pears Milk</p> <p>ES - Pretzels/Milk</p>	<p>3</p> <p>AM - Animal Crackers/Milk</p> <p>Ham Sandwich Cucumber Peaches WG Wheat Bread/Milk</p> <p>ES - Pretzels/Milk</p>	<p>4</p> 
5	<p>6</p> <p>AM - Fruit Cocktail/milk</p> <p>Cheese Omelette Peas Mandarin Oranges WG Toast/milk</p> <p>ES - Yogurt/milk</p>	<p>7</p> <p>AM - Grahams/milk</p> <p>Macaroni and Cheese Broccoli Kiwi milk</p> <p>ES - WG Cheerios/milk</p>	<p>8</p> <p>AM - Soft Pretzel/milk</p> <p>Baked Chicken Peas Pineapple Roll / milk</p> <p>ES - WG Oatmeal/milk</p>	<p>9</p> <p>AM - Fruit Salad/milk</p> <p>Beef Lasagna Salad Peaches milk</p> <p>ES - WG Bagel/milk</p>	<p>10</p> <p>AM - Fruit Smoothie/milk</p> <p>Grilled Cheese Cucumbers Peaches WG Wheat Bread / milk</p> <p>ES - French Toast/milk</p>	11
12	<p>13</p> <p>AM - Applesauce/milk</p> <p>Sloppy Joes Tator Tots Apples Bun / milk</p> <p>ES - WG Crackers/milk</p>	<p>14</p> <p>AM - Rice Cakes/milk</p> <p>Ham & Cheese Cucumber Oranges WG Roll/milk</p> <p>ES - Celery/PB/milk</p>	<p>15</p> <p>AM - French Toast/milk</p> <p>Avocado Rice Cakes w/Cherry Tomatoes String Cheese Apples/milk</p> <p>ES - Bagel/milk</p>	<p>16</p> <p>AM - Apples/PB/milk</p> <p>Turkey & Cheese Roll-Up Carrots Kiwi WG Tortilla/ milk</p> <p>ES - Goldfish/milk</p>	<p>17</p> <p>AM - Grapes/milk</p> <p>Scrambled Eggs Hashbrowns Kiwi WG Toast/ milk</p> <p>ES - String Cheese/milk</p>	18
19	<p>20</p> <p>AM - Apple and PB/milk</p> <p>Cheeseburger Green Beans Watermelon Bun / milk</p> <p>ES - WG Oatmeal/milk</p>	<p>21</p> <p>AM - Applesauce/milk</p> <p>PB and J w/Cheese Carrots Peaches WG Wheat Bread/ milk</p> <p>ES - Yogurt/ milk</p>	<p>22</p> <p>AM - Mini-Bagels/milk</p> <p>Baked Cheese Ziti Broccoli Pears milk</p> <p>ES - WG Cheerios/milk</p>	<p>23</p> <p>AM - Carrots/milk</p> <p>Grilled Cheese Tomato Soup Apple WG Wheat Bread / milk</p> <p>ES - String Cheese/milk</p>	<p>24</p> <p>AM - Fruit Salad/milk</p> <p>Chicken Alfredo Peas Fruit Cocktail WG Rotini Pasta/ milk</p> <p>ES - Pretzels/ milk</p>	25
26	<p>27</p> <p>AM - Celery/PB/ milk</p> <p>Pork Cutlet Green Beans Applesauce WG Brown Rice / milk</p> <p>ES - String Cheese/milk</p>	<p>28</p> <p>AM - Apples/milk</p> <p>Macaroni & Cheese Stewed Tomatoes Pineapple milk</p> <p>ES -WG Waffles/milk</p>	<p>29</p> <p>AM- Fruit Salad/milk</p> <p>Cheese Quiche Peas Peaches milk</p> <p>ES- Yogurt/milk</p>	<p>30</p> <p>AM - Rice Cakes/PB/milk</p> <p>Chicken Soup Carrots Strawberries WG Rice/milk</p> <p>ES - Graham Crackers/milk</p>	<p>31</p> <p>AM - Fruit Salad/Milk</p> <p>Beef Chili Chili Beans Cantaloupe Crackers/Milk</p> <p>ES - WG Toast/Milk</p>	