



July 2026

First Step to Nutrition

Breakfast, Lunch & PM Snack - Whole Milk served to children age 1 WG = whole grain

\* Provider Signature: \_\_\_\_\_

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