

First Step to Nutrition

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30 Grilled Cheese Tomato Soup Pineapple WG Wheat Bread/Milk French Toast Applesauce/Milk PM Grahams/Milk	31					1
2 Ham slice Corn Applesauce WG Brown Rice/Milk Pancakes Peaches/Milk PM - Watermelon/Milk	3	4 Cheese Lasagna Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	5 Cheese Omelet Spinach Fruit Cocktail WG Wheat Toast/Milk French Toast Watermelon/Milk PM-WG English Muffin/Milk	6 Chicken Mashed Potatoes Apple Biscuit/Milk WG English Muffins Grapes/Milk PM - Peach Smoothie/Milk	7 Macaroni & Cheese Broccoli Pears Milk WG Cherrios Plums/Milk PM - Peaches/Milk	8
9 Beef Tacos Lettuce/Tomato Fruit Cocktail WG Tortillas/Milk Waffles Orange/Milk PM - Bagel/Milk	10 Fish Fillets Scalloped Potatoes Applesauce Roll/Milk WG Wheat Toast Applesauce/Milk PM - Yogurt/Milk	11 Turkey Sandwich Green Beans Peaches WG Wheat Bread/Milk Bagel Grapes/Milk PM - Goldfish/Milk	12 Sloppy joes Potato Skins Strawberries Bun/Milk WG Cherrios Bananas/Milk PM -Rice Cakes wPB/Milk	13 PBJ / String Cheese Cucumbers Fruit Salad WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Croissants/Milk	14	15
16 Stuffed Cheese Shells Salad Pears Milk French Toast Strawberries/Milk PM-WG Crackers/Milk	17 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Cinnamon Toast Grapes/Milk PM -Yogurt/Milk	18 Grilled Cheese Tomato Soup Fruit Cocktail WG Wheat Bread/Milk Kix Pears/Milk PM - Veg Tray/Milk	19 Hamburger Baked Beans Kiwi Bun/Milk WG Cherrios Peaches/Milk PM - Celery wPB/Milk	20 Ham Sandwich Carrots Peaches WG Wheat BreadMilk Waffles Strawberries PM - Watermelon/Milk	21	22
23 Homemade Chicken Soup Carrots & Celery Pineapple WG Wild Rice/Milk French Toast Apple/Milk PM - Soft Pretzels/Milk	24 Cheese Muffin Pizza Green Beans Peaches Milk WG Oatmeal Banana/Milk PM - Nectarines/Milk	25 Beef Tacos Lettuce/Tomato Apple WG Tortillas/Milk Pancakes Blueberries/Milk PM - Grahams/Milk	26 Spaghetti and Meatballs Salad Pears WG Spaghetti/Milk Cheerios Banana/Milk PM - Fish Crackers/Milk	27 Garden Soup with Ground Beef and Green Beans Strawberries WG Wheat Crackers/Milk Bagel Peaches/Milk PM - Fruit Salad/Milk	28	29