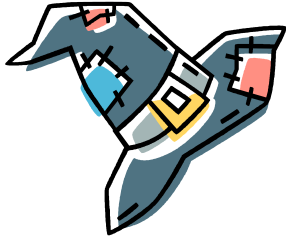


October 2026

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
				Cheese Quesadilla Pepper Strips Mandarin Oranges WG Tortilla/Milk Rice Krispies Banana/Milk PM String Cheese/Milk	Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk Pancakes Blueberries/Milk PM Pumpkin Bread/Milk	
4	Baked Fish Tater Tots Fruit Cocktail Bun/Milk WG Waffles Strawberries/Milk PM - Rice Cakes/Milk	Meatloaf Corn Pineapple WG Roll /Milk Corn Flakes Pears/Milk PM - Apples/Milk	Chicken Fajita Onions, Peppers, Corn Pears WG Tortillas/Milk WG Bagels Grapes/Milk PM - Grahams/Milk	Spaghetti w/ Meatballs Salad Peaches Milk WG Oatmeal Apples/Milk PM-Pumpkin Smoothie/ckrs	Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk Kix Bananas/Milk PM - Baked Apples/Milk	10
11	Baked Ham Sweet Potatoes Corn Biscuits/Milk WG Cherrios Apple/Milk PM-Pretzels/Milk	Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk Pancakes Peaches/Milk PM - Yogurt/Milk	Macaroni and Cheese Stewed Tomatoes Applesauce Milk Corn Flakes Pears/Milk PM - WG Crackers/Milk	Chicken Salad Cucumbers Apple Pita Bread/Milk WG Oatmeal Bananas/Milk PM - String Cheese/Milk	Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk French Toast Sticks Applesauce/Milk PM- Cornbread/Milk	17
18	Lasagna w/ Meatsauce Salad Pears Milk Kix Banana/Milk PM - WG Crackers/Milk	Vegetable Beef Soup Mixed Vegetables Peaches Crackers/Milk WG Wheat Toast Pineapple/Milk PM - Pretzels/Milk	Scrambled Eggs Hash Browns Orange English Muffin/Milk WG Waffles Apples/Milk PM-Yogurt/Milk	Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk Bagels Grapes/Milk PM - Applesauce/Milk	Tuna Noodle Casserole Peas Pineapple Milk WG Cherrios Pears/Milk PM - Plums/Milk	24
25	Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk WG Oatmeal Banana/Milk PM - Yogurt/Milk	Sloppy Joes Green Beans Pineapple Bun/Milk WG Waffles Pears/Milk PM - Graham Crackers/Milk	Turkey & Cheese Cucumbers Peaches WG Tortilla/Milk Rice Krispies Banana/Milk PM - Pretzels/Milk	Grilled Cheese Tomato Soup Banana WG Wheat Bread/Milk Pancakes Blueberries/Milk PM - Baked Apples/Milk	Baked Chicken Mashed Potatoes Pineapple WG Roll/Milk Bagels Apples/Milk PM - Animal Crackers/Milk	31