

October 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
				1 AM - Bagel/Milk Baked Chicken Mashed Potatoes Nectarines WG Roll/Milk ES - Pretzels/Milk	2 AM - String Cheese/Milk Spaghetti and Meatballs Salad Apples WG Spaghetti/Milk ES - Rice Cakes/Milk	
4	5 AM - Grahams/Milk Chicken Noodle Soup Carrots & Celery Applesauce Milk ES - WG Oatmeal/Milk	6 AM-Pumpkin Smoothie/Ckrs Chicken Fajita Onions, Peppers, Corn Peaches WG Tortilla/Milk ES - String Cheese/Milk	7 AM - Pears/Milk Cream of Broccoli Soup Cheese Cubes Fruit Salad WG Crackers/Milk ES - Soft Pretzel/Milk	8 AM - Fruit Cocktail/Milk Sloppy Joes Green Beans Pineapple Bun/Milk ES - WG Cinn Toast/Milk	9 AM - Yogurt/Milk Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk ES - Grits/Milk	10
11	12 AM - String Cheese/Milk Chicken Tenders Green Beans Orange WG Brown Rice/Milk ES - Animal Crackers/Milk	13 AM - Pumpkin Bread/Milk X Cheese Pizza Salad Fruit Cocktail Milk ES - WG Oatmeal/Milk	14 AM - Fruit Cocktail/Milk Grilled Cheese Tomato Soup Grapes WG Wheat Bread/Milk ES - Pretzels/Milk	15 AM - Yogurt/Milk Chicken Pot Pie Peas Peaches Milk ES - WG Bagel/Milk	16 AM - Grahams/Milk Turkey and Cheese Pickles Pears WG Wheat Bread/Milk ES - Chex Mix/Milk	17
18	19 AM - Corn Muffin/Milk Cheese Pizza Muffins Lima Beans Mandarins WG English Muffins/Milk ES - Waffles/Milk	20 AM - Bagel/Milk PB&J Sandwich String Cheese/Carrots Kiwi WG Wheat Bread/Milk ES - Applesauce/Milk	21 AM - French Toast/Milk Beef Tacos Lettuce/Tomato Applesauce Taco Shell/Milk ES - WG Oatmeal/Milk	22 AM - Celery/PB/Milk Ham & Cheese Omelet Peas Pineapple WG Wheat Toast/Milk ES - Yogurt/Milk	23 AM - String Cheese/Milk Fish Sticks Green Beans Apples WG Brown Rice/Milk ES - Pretzels/Milk	24
25	26 AM - French Toast/Milk Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk ES - WG Cherrios/Milk	27 AM - String Cheese/Milk Sausage Peas Fruit Salad Noodles/Milk ES - WG Crackers/Milk	28 AM - Cornbread/Milk Grilled Cheese Tomato Soup Pears WG Wheat Bread/Milk ES - Yogurt/Milk	29 AM - Bagels/Milk Beef Ravioli Salad Peaches Roll/Milk ES - WG Oatmeal/Milk	30 AM - Pancakes/Milk Sloppy Joes Green Beans Fruit Cocktail WG Bun/Milk ES - Grahams/Milk	31