


July 2025

First Step to Nutrition

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

* Provider Signature: _____

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