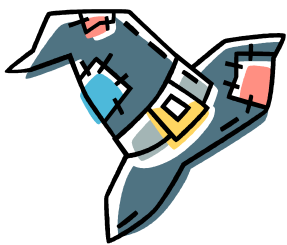


# October 2025

## First Step To Nutrition

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

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Cheese Pizza Muffins Cucumbers Applesauce WG English Muffins/Milk  Bagel Strawberries/Milk PM Pretzels/Milk	2 Cheese Quesadilla Pepper Strips Mandarin Oranges WG Tortilla/Milk  Rice Krispies Banana/Milk PM String Cheese/Milk	3 Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk  Pancakes Blueberries/Milk PM Graham Crackers/Milk	4
5	6 Baked Fish Tater Tots Fruit Cocktail Bun/Milk  WG Waffles Strawberries/Milk PM - Rice Cakes/Milk	7 Meatloaf Corn Pineapple WG Roll /Milk  Corn Flakes Pears/Milk PM - Apples/Milk	8 Chicken Fajita Onions, Peppers, Corn Pears WG Tortillas/Milk  WG Bagels Grapes/Milk PM - Grahams/Milk	9 Spaghetti w/ Meatballs Salad Peaches Milk  WG Oatmeal Apples/Milk PM - Carrots & Dip/Milk	10 Grilled Cheese Lima Beans Apple WG Wheat Bread/Milk  Kix Bananas/Milk PM - Baked Apples/Milk	11
12	13 Baked Ham Sweet Potatoes Corn Biscuits/Milk  WG Cherrios Apple/Milk PM-Pretzels/Milk	14 Turkey & Cheese Carrots Kiwi WG Wheat Bread/Milk  Pancakes Peaches/Milk PM - Yogurt/Milk	15 Macaroni and Cheese Stewed Tomatoes Applesauce Milk  Corn Flakes Pears/Milk PM - WG Crackers/Milk	16 Chicken Salad Cucumbers Apple Pita Bread/Milk  WG Oatmeal Bananas/Milk PM - String Cheese/Milk	17 Fish Sticks Green Beans Fruit Cocktail WG Brown Rice/Milk  French Toast Sticks Applesauce/Milk PM- Cornbread/Milk	18
19	20 Lasagna w/ Meatsauce Salad Pears Milk  Kix Banana/Milk PM - WG Crackers/Milk	21 Vegetable Beef Soup Mixed Vegetables Peaches Crackers/Milk  WG Wheat Toast Pineapple/Milk PM - Pretzels/Milk	22 Scrambled Eggs Hash Browns Orange English Muffin/Milk  WG Waffles Apples/Milk PM-Yogurt/Milk	23 Chicken Stir Fry Broccoli Fruit Salad WG Brown Rice/Milk  Bagels Grapes/Milk PM - Applesauce/Milk	24 Tuna Noodle Casserole Peas Pineapple Milk  WG Cherrios Pears/Milk PM - Plums/Milk	25
26	27 Chicken Tenders Baked Potato Wedges Fruit Cocktail Roll/Milk  WG Oatmeal Banana/Milk PM - Yogurt/Milk	28 Sloppy Joes Green Beans Pineapple Bun/Milk  WG Waffles Pears/Milk PM - Graham Crackers/Milk	29 Turkey & Cheese Cucumbers Peaches WG Tortilla/Milk  Rice Krispies Banana/Milk PM - Pretzels/Milk	30 Grilled Cheese Tomato Soup Banana WG Wheat Bread/Milk  Pancakes Blueberries/Milk PM - Baked Apples/Milk	31 Baked Chicken Corn & Green Chili Salad Pineapple WG Roll/Milk  Bagels Apples/Milk PM - Animal Crackers/Milk	