


# October 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 - Yogurt/Milk  Grilled Cheese Green Beans Kiwi WG Wheat Bread/Milk  ES - Fish Crackers/Milk	2 AM - Bagel/Milk  Baked Chicken Corn & Green Chili Salad Nectarines WG Roll/Milk  ES - Pretzels/Milk	3 AM - String Cheese/Milk  Spaghetti and Meatballs Salad Apples WG Spaghetti/Milk  ES - Rice Cakes/Milk	4
5	6 AM - Grahams/Milk  Chicken Noodle Soup Carrots & Celery Applesauce Milk  ES - WG Oatmeal/Milk	7 AM - Celery & PB/Milk  Chicken Fajita Onions, Peppers, Corn Peaches WG Tortilla/Milk  ES - String Cheese/Milk	8 AM - Pears/Milk  Cream of Broccoli Soup Cheese Cubes Fruit Salad WG Crackers/Milk  ES - Soft Pretzel/Milk	9 AM - Fruit Cocktail/Milk  Sloppy Joes Green Beans Pineapple Bun/Milk  ES - WG Cinn Toast/Milk	10 AM - Yogurt/Milk  Stir Fry Pork Broccoli and Carrots Pineapple WG Brown Rice/Milk  ES - Grits/Milk	11
12	13 AM - String Cheese/Milk  Chicken Tenders Green Beans Orange WG Brown Rice/Milk  ES - Animal Crackers/Milk	14 AM - Bagels/Milk  X Cheese Pizza Salad Fruit Cocktail Milk  ES - WG Oatmeal/Milk	15 AM - Fruit Cocktail/Milk  Grilled Cheese Tomato Soup Grapes WG Wheat Bread/Milk  ES - Pretzels/Milk	16 AM - Yogurt/Milk  Chicken Pot Pie Peas Peaches Milk  ES - WG Bagel/Milk	17 AM - Grahams/Milk  Turkey and Cheese Pickles Pears WG Wheat Bread/Milk  ES - Chex Mix/Milk	18
19	20 AM - Corn Muffin/Milk  Cheese Pizza Muffins Lima Beans Mandarins WG English Muffins/Milk  ES - Waffles/Milk	21 AM - Bagel/Milk  PB&J Sandwich w/cheese Carrots Kiwi WG Wheat Bread/Milk  ES - Applesauce/Milk	22 AM - French Toast/Milk  Beef Tacos Lettuce/Tomato Applesauce Taco Shell/Milk  ES - WG Oatmeal/Milk	23 AM - Celery/PB/Milk  Ham & Cheese Omelet Peas Pineapple WG Wheat Toast/Milk  ES - Yogurt/Milk	24 AM - String Cheese/Milk  Fish Sticks Green Beans Apples WG Brown Rice/Milk  ES - Pretzels/Milk	25
26	27 AM - French Toast/Milk  Beef Stew Carrots & Potatoes Applesauce Biscuits/Milk  ES - WG Cherrios/Milk	28 AM - String Cheese/Milk  Sausage Peas Fruit Salad Noodles/Milk  ES - WG Crackers/Milk	29 AM - Cornbread/Milk  Grilled Cheese Tomato Soup Pears WG Wheat Bread/Milk  ES - Yogurt/Milk	30 AM - Bagels/Milk  Beef Ravioli Salad Peaches Roll/Milk  ES - WG Oatmeal/Milk	31 AM - Pancakes/Milk  Sloppy Joes Green Beans Fruit Cocktail WG Bun/Milk  ES - Grahams/Milk	