

September 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
		1 Grilled Cheese w/cheddar and Peaches Carrots WG Wheat Bread/milk Pancakes Pears/milk PM - Nectarines/milk	2 Chicken Pot Pie Potatoes Applesauce Noodles/milk WG Cherrios Banana/milk PM - String Cheese/milk	3 English Muffin Pizza w/cheese and tomatoes Blueberries WG Muffin/milk French Toast Apples/milk PM - Animal Crackers/milk	4 Scrambled Eggs Peas Fruit Cocktail WG Wheat Toast/milk English Muffin Blueberries/milk PM - Yogurt/milk	
6	7 	8 Meatloaf Scalloped Potatoes Kiwi WG Wheat Roll/milk Corn Flakes Banana/milk PM - Fruit Salad/milk	9 PB & J w/ Cheese Cubes Broccoli Apple WG Wheat Bread/milk Bagels Grapes/milk PM - Raisin Bread/milk	10 Chicken Tenders Corn Fruit Cocktail WG Brown Rice/milk English Muffins Orange/milk PM - Pretzels/milk	11 Macaroni & Cheese Fresh Tomatoes Pineapple milk WG Cherrios Pears/milk PM - Apples&PB/milk	12
13	14 Spaghetti & Meatballs Salad Peaches milk WG Oatmeal Banana/milk PM - Rice Cakes/milk	15 Chicken Salad Sandwich w/Peaches Celery sticks WG Wheat Bread/milk Waffles Applesauce/milk PM - Carrots and dip/milk	16 Beef Hotdogs Corn Pineapple Bun/milk WG Cherrios Banana/milk PM -Yogurt/milk	17 Baked Ham Lima Beans Kiwi WG Brown Rice/milk French Toast Strawberries/milk PM - Pretzels/milk	18 BBQ Beef Sliders Peas Applesauce WG Roll/milk English Muffins Apple/milk PM - Raisin Bread/milk	19
20	21 X Cheese Pizza Broccoli Fruit Salad milk WG Cherrios Grapes/milk PM - Corn Muffin/milk	22 Baked Fish Fillets Green Beans Orange Macaroni & Cheese/milk WG Wheat Toast Applesauce/milk PM -Celery/PB/milk	23 Vegetable Beef Soup Carrots Apples WG Wild Rice/milk Oatmeal Peaches/milk PM - Yogurt/milk	24 Turkey Sandwich Cucumbers Fruit Cocktail WG Wheat Bread/milk Waffles Pears/milk PM - Pretzels/milk	25 Grilled Cheese Sandwich Tomato Soup Pineapple WG Wheat Bread/milk Corn Flakes Bananas/milk PM - Fruit Salad/milk	26
27	28 Spanish Rice w/Hamburger Butternut Squash Fruit Cocktail milk WG Cheerios Banana/milk PM - Skillet Peaches/milk	29 Cheese Ravioli Salad Applesauce Milk WG Toast Pears/milk PM - Yogurt/milk	30 Baked WG Pancakes with Pears Breakfast Sausage Applesauce/Milk Bagel Peaches/Milk PM - Pretzels/Milk	31 Baked Chicken Mashed Potatoes Corn Biscuit/Milk WG English Muffin Grapes/Milk PM - Animal Crackers/Milk		