

September 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 - Yogurt/milk Cheese Lasagna Salad Fruit Cocktail milk ES - Graham Crackers/milk	2 AM - Fruit Cocktail/milk Baked WG Pancakes with Spiced Pears Breakfast Sausage Cantaloupe/milk ES - Cornbread/milk	3 AM - Skillet Peaches/milk Beef Tacos Lettuce/Tomatoes Pineapple WG Tortillas/milk ES - Rice Cakes/milk	4 AM - Peach Smoothie/milk BBQ Beef Sliders Corn Applesauce WG Roll/milk ES - Animal crackers/milk	5
6	7 	8 AM - Baked Apples/milk Hot Dog Baked Beans Fruit Cocktail Roll / milk ES - WG Wheat Toast/milk	9 AM -English Muffin/milk Baked Chicken Green Beans Pineapple WG Brown Rice / milk ES - Nectarines/milk	10 AM - Pancakes/milk Spaghetti & Meatballs Salad Mandarin oranges milk ES - WG crackers/milk	11 AM - Yogurt/milk Grilled Ham & Cheese Cucumbers Peaches WG Wheat Bread / milk ES - Animal Crackers/milk	12
13	14 AM - Pretzels/milk Vegetable Beef Soup Corn & Carrots Apple WG Wild Rice / milk ES - Applesauce/milk	15 AM - Graham Crackers/milk Egg Salad Red Beets Fruit Salad WG Wheat Bread / milk ES - Celery/PB/milk	16 AM - Croissants/milk Beef Chili Red Beans Applesauce WG Brown Rice / milk ES - Cornbread/milk	17 AM - Apples/PB/milk Turkey & Cheese Cucumbers Applesauce WG Wheat Bread / milk ES - Goldfish/milk	18 AM - Grapes/milk Fish Fillets Green Beans Fruit Cocktail WG Wild Rice / milk ES - Baked Pears/milk	19
20	21 AM - Applesauce/milk Cheeseburger Corn Watermelon Bun / milk ES - WG crackers/milk	22 AM -Waffles/milk Beef Tacos Lettuce/Tomato Peaches WG Tortilla/milk ES - Yogurt/ milk	23 AM - Mini-Bagels/milk Pork Roast Scalloped Potatoes Applesauce Biscuit/ milk ES - WG Cinn Toast /milk	24 AM - Carrots & Dip/milk Fish Fillets Peas Plums WG Wild Rice/ milk ES -Baked Apple/milk	25 AM - Croissants/milk Ham & Cheese Omelet Green Beans Kiwi WG English Muffin / milk ES - Rice Cakes/milk	26
27	28 AM - Celery/PB/ milk Baked Ham Corn Peaches WG Brown Rice / milk ES - Grahams/milk	29 AM - Corn Muffins/Milk Sloppy Joes French Fries Kiwi WG Bun/milk ES - Pretzels/milk	30 AM - Yogurt/Milk Chicken Tenders Corn Apples WG Roll/milk ES - Cheerios/milk	31 AM- Graham Crackers/milk Beef Ravioli Salad Banana Milk ES - WG Cinn Toast/milk		