


April 2017

First Step to Nutrition

Breakfast, Lunch & PM Snack - Meals Include 1% Lowfat Milk

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat					
30						1					
2	Meatloaf Corn Applesauce Roll/Milk Waffles Peaches/Milk PM - whole grain ckr/Milk	3	Spaghetti w/ Meatballs Salad Pineapple Milk Cheerios Banana/Milk PM - Oranges/Milk	4	Chicken Drumsticks Green Beans Fruit Cocktail Macaroni Salad/Milk Cream of Wheat Mandarin Oranges/Milk PM-Bagel/Milk	5	Beef Tacos Lettuce/tomato Apple Taco Shells/Milk Wheat English Muffins Grapes/Milk PM - Bananas/Milk	6	Macaroni & Cheese Broccoli Pears Milk Kix Apples/Milk PM - Cherrios/Milk	7	8
9	Cheese Pizza Muffins Cucumbers Fruit Cocktail Milk Wheat Waffles Orange/Milk PM - Banana/Milk	10	Ham Corn Applesauce Corn Muffin/Milk Wheat Cinnamon Toast Bananas/Milk PM - Yogurt/Milk	11	Baked Chicken Green Beans Grapes Roll/Milk Cheerios Grapes/Milk PM - Goldfish/Milk	12	Pork Roast Scalloped Potatoes Applesauce Biscuits/Milk Wheat Bagels Fruit Cocktail/Milk PM -Rice Cakes/PB/Milk	13	Cheese Omelet Peas Fruit Salad Wheat Toast/Milk Oatmeal Peaches/Milk PM - Breadsticks/Milk	14	15
16	Lasagna w/Beef Salad Pears Milk Pancakes Apples/Milk PM- PB Wheat Toast/Milk	17	Chicken Stir Fry Broccoli Cantaloupe Brown Rice/Milk Wheat Toast Grapes/Milk PM - Applesauce/Milk	18	Grilled Cheese Tomato Soup Fruit Cocktail Wheat Bread/Milk Waffles Peaches/Milk PM - Fruit Plate/Milk	19	Sloppy Joes Peas Grapes Wheat Roll/Milk Kix Orange/Milk PM - Celery/PB/Milk	20	PB & J Sandwich String Cheese Carrots Apple/Milk Cream of Wheat Bananas/Milk PM - Animal Crackers/Milk	21	22
23	Homemade Chicken Soup Carrots & Celery Pineapple Wild Rice/Milk French Toast Applesauce/Milk PM - Vegy Tray/Milk	24	Cheese Pizza Muffins Green Beans Applesauce Milk Whole Grain Waffles Grapes/Milk PM - Potato Skins/Milk	25	Cheese Baked Shells Salad Peaches Milk Oatmeal Banana/Milk PM - Soft Pretzel/Milk	26	Hamburger Potato Salad Red Beets Bun/Milk Wheat French Toast Peaches/Milk PM - Fruit Salad/Milk	27	Sloppy Joes Tator Tots Broccoli Bun/Milk Pancakes Pears/Milk PM - Whole Grain ckr/Milk	28	29