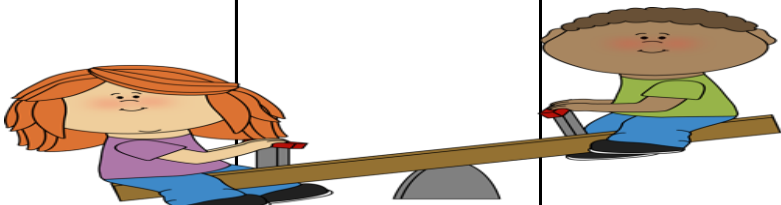


April 2017

First Step to Nutrition

AM Snack, Dinner & Evening Snack - Meals Include 1% Lowfat Milk

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat					
30						1					
2	AM - Banana/Milk  Ham & Chesse Vegetable Soup Fruit Cocktail Pita/Milk  ES - Oatmeal/Milk	3	AM - Crepes/Milk  Hamburger Potato Salad Cantaloupe Bun/Milk  ES - Wheat Toast/Milk	4	AM - Vegy and Dip/Milk  Grilled Cheese Tomato Soup Pineapple Wheat Bread/Milk  ES - Goldfish/Milk	5	AM - Yogurt/Milk  Spaghetti w/ Meatballs Salad Applesauce Milk  ES - Whole Grain Ckrs/Milk	6	AM - Applesauce/Milk  Fish Fillets Green Beans Kiwi Brown Rice/Milk  ES - Cream of Wheat/Milk	7	8
9	AM - Mini Bagels/Milk  Chicken Soup Carrots Peaches Wild Rice/Milk  ES - Breadsticks/Milk	10	AM - Wheat Toast/Milk  Cheese Manicotti Green Beans Fruit Salad Milk  ES - PB Crackers/Milk	11	AM - Apple/Milk  Turkey Breast Scalloped Potatoes Applesauce Roll/Milk  ES - Oatmeal/Milk	12	AM - Carrots/Milk  Hamburger Sweet Potato Fries Mixed Vegetables Bun/Milk  ES - Cherrios/Milk	13	AM - Bagels/Milk  PB & J/String Cheese Celery sticks Pineapple Wheat Bread/Milk  ES - Rice Cakes/PB/Milk	14	15
16	AM - Bananas/Milk  Macaroni & Cheese Stewed Tomatoes Applesauce Milk  ES - Cherrios/Milk	17	AM - Fruit Cup/Milk  Cheese Pizza Muffins Carrots Pineapple Milk  ES - Pretzels/Milk	18	AM - Grahams/Milk  Egg Salad Cucumbers Grapes Pita Bread/Milk  ES - Cream of Wheat/Milk	19	AM-Oatmeal/Milk  Meatloaf Mashed Potatoes Peaches Roll/Milk  ES - Goldfish/Milk	20	AM-Crackers/Cheese/Milk  Tuna Noodle Casserole Peas Applesauce Milk  ES - Oatmeal/Milk	21	22
23	AM - Watermelon/Milk  Baked Ham Sweet Potatoes Fruit Cocktail Brown Rice/Milk  ES - Raisin Bread/Milk	24	AM - Waffles/Milk  Beef Tacos Lettuce/tomato Pears Taco Shell/Milk  ES - Wheat Toast/Milk	25	AM - Banana/Milk  Grilled Cheese Tomato Soup Kiwi Wheat Bread/Milk  ES - French Toast/Milk	26	AM - Grapes/Milk  Cheese Pizza Muffins Green Beans Pineapple Milk  ES - Oatmeal/Milk	27	AM - Whole Grain Ckrs/Milk  Chicken Legs Cauliflower Fruit Salad Biscuits/Milk  ES - Pretzels/Milk	28	29