

April 2018

First Step to Nutrition

Breakfast, Lunch & PM Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

* Provider Signature: _____

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