

April 2018

First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

* Provider Signature: _____

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