

February 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 Scrambled Eggs Peas Cuties WG Toast/Milk French Toast Applesauce/Milk PM - String Cheese/Milk	2 Cheese Pizza Lima Beans Kiwi Milk WG Oatmeal Peaches/Milk PM - Rice Cakes/Milk	3
4	5 Sloppy Joe Peas Pineapple Bun/Milk Bagels Oranges/Milk PM-WG crackers/Milk	6 Grilled Cheese Tomato Soup Applesauce WG Bread/Milk Kix Grapes/Milk PM - Apple/PB/Milk	7 Chicken Soup Celery & Carrots Fruit Salad WG Rice/Milk Cream of Wheat Banana/Milk PM - Pretzels/Milk	8 Sausage Green Beans Plums French Toast/Milk WG English Muffin Peaches/Milk PM - Wheat thins/Milk	9 PB & J Sandwich String Cheese Carrots/ Apple WG Bread/Milk Cheerios Bananas/Milk PM-Raw Veg Plate/Milk	10
11	12 Lasagna w/ Meat Salad Fruit Cocktail Milk WG Waffles Pears/Milk PM - String Cheese/Milk	13 Turkey & Cheese Carrots Peaches Pita Bread/Milk WG Cheerios Melon/Milk PM-Grapes/Milk	14 Vegetable Beef Soup Carrots & Potatoes Apple WG Barley/Milk French Toast Bananas/Milk PM - Pretzels/Milk	15 Fish Fillets Corn Applesauce WG Rice/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	16 Macaroni & Cheese Green Beans Pineapple Milk WG Toast Apple/Milk PM - Soft Pretzels/Milk	17
18	19 Meatloaf Cauliflower Kiwi Roll/Milk WG Waffles Blueberries/Milk PM - Crepes/Milk	20 Chicken Tenders Broccoli Apple Noodles/Milk WG Cheerios Bananas/Milk PM - Yogurt /Milk	21 Spaghetti and Meatballs Salad Fruit Cocktail Milk WG Toast Banana/Milk PM - Celery w/PB/Milk	22 Chicken Soup Corn Pineapple Corn Bread/Milk WG Oatmeal Fruit Cocktail/Milk PM - Bananas/Milk	23 Cheese Pizza Green Beans Peaches Milk English Muffins Mandarins/Milk PM - WG Crackers/Milk	24
25	26 Hamburgers Sweet Potato Fries Fruit Cocktail Bun/Milk WG Cheerios Peaches/Milk PM - String Cheese/Milk	27 Tuna Salad French Fries Nectarine Pita Pocket/Milk WG Oatmeal Pears/Milk PM - Pretzels/Milk	28 Cheese Ziti Salad Kiwi Milk WG Waffles Strawberries/Milk PM - Grahams/Milk			