

February 2018

First Step to Nutrition

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

* Provider Signature: _____

| | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|----|---|---|---|---|---|-----|
| |  | | | AM - Crepes/Milk Meatballs/Spaghetti Salad Plums Milk ES - WG Animal Crks/Milk | AM - Pretzels/Milk Baked Chicken Broccoli Pineapple WG Rice/Milk ES - Waffle/Milk | |
| 4 | AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Yogurt/Milk | AM - Mini-Bagels/Milk Chicken Tenders Green Beans Fruit Cocktail Noodles/Milk ES - WG Oatmeal/Milk | AM-Cuties/Milk Hot Dogs Tater Tots Kiwi Bun/Milk ES -WG Crackers/Milk | AM - Fruit Cup/Milk Chili w/Meat Red Beans Fruit Salad Corn Muffin/Milk ES - WG Toast/Milk | AM - Oatmeal/Milk Macaroni & Cheese Stewed Tomatoes Grapes Milk ES - WG Animal Ckrs/Milk | 10 |
| 11 | AM - Cuties/Milk Sausage Hash Browns Mandarins WG Pancakes/Milk ES - Bananas/Milk | AM - Apples/Milk PB & J w/Yogurt Raw Veg Plate Pineapple WG /Milk ES - Celery & PB/Milk | AM - Yogurt /Milk Baked Chicken Broccoli Fruit Salad WG Brown Rice/Milk ES - Goldfish/Milk | AM -Waffles/Milk Chicken Rice Soup Carrots Pears WG Wild Rice/Milk ES - Cuties/Milk | AM - Applesauce/Milk Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk ES - WG Crackers/Milk | 17 |
| 18 | AM - Fruit Cup/Milk Sloppy Joes Sweet Potato Fries Peaches Bun/Milk ES - WG Oatmeal/Milk | AM - French Toast /Milk Beef Stew Carrots/Potatoes Applesauce WG Barley/Milk ES - Fruit Salad/Milk | AM - Yogurt/Milk Egg Salad Cucumbers Apples Pita Bread/Milk ES - WG Animal Crks/Milk | AM -Pancakes/Milk Meatloaf Green Beans Pears WG Rice/Milk ES - Orange/Milk | AM - Pears/Milk Tuna Patties Broccoli Fruit Cocktail Bun/Milk ES -WG Cheerios/Milk | 24 |
| 25 | AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Oatmeal/Milk | AM - String Cheese/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES- Yogurt/Milk | AM - Fruit Salad/Milk Beef Soft Tacos Lettuce/Tomato Pineapple WG Tortillas/Milk ES - String Cheese/Milk | | | |