



January 2018

First Step To Nutrition

Snacks and Dinner - 1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|------|--|--|--|---|--|------|
| |  <p>1</p> | <p>2</p> <p>AM - Bagel/Milk</p> <p>Beef Tacos Lettuce/Tomato Peaches WG Tortillas/Milk</p> <p>ES -WG Oatmeal/Milk</p> | <p>3</p> <p>AM - WG Oatmeal/Milk</p> <p>Fish Fillets Green Beans Apples Fish Crackers/Milk</p> <p>ES - Nectarines/Milk</p> | <p>4</p> <p>AM - Yogurt/Milk</p> <p>PB&J Sandwich/cheese Carrots Plums WG Bread/Milk</p> <p>ES - Cherrios/Milk</p> | <p>5</p> <p>AM - WG Cinn Toast/Milk</p> <p>Cheese Muffin Pizza Lima beans Kiwi Milk</p> <p>ES - Plums/Milk</p> | 6 |
| 7 | <p>8</p> <p>AM - Rice Cakes/Milk</p> <p>Scrambled Eggs Peas Peaches WG Toast/Milk</p> <p>ES - Baked Apples/Milk</p> | <p>9</p> <p>AM - String Cheese/Milk</p> <p>Chicken Tenders Lima Beans Applesauce WG Wild Rice/Milk</p> <p>ES - Banana/Milk</p> | <p>10</p> <p>AM- WG Toast/Milk</p> <p>Spanish Rice w/Beef Corn Pineapple Milk</p> <p>ES - Yogurt/Milk</p> | <p>11</p> <p>AM - Croissants/Milk</p> <p>WG Spaghetti w/Meatballs Salad Peaches/Milk</p> <p>ES - Soft Pretzels/Milk</p> | <p>12</p> <p>AM - WG Oatmeal/Milk</p> <p>Chicken Salad Peas Grapes Roll/Milk</p> <p>ES - Croissants/Milk</p> | 13 |
| 14 | <p>15</p> <p>AM -WG Crackers/Milk</p> <p>Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk</p> <p>ES- Bananas/Milk</p> | <p>16</p> <p>AM - Apples/Milk</p> <p>PB & J w/ Yogurt Carrots Orange WG Bread/Milk</p> <p>ES - Fruit Salad/Milk</p> | <p>17</p> <p>AM - Graham Crackers/Milk</p> <p>Pork Roast Green Beans Applesauce WG Roll/Milk</p> <p>ES - Yogurt/Milk</p> | <p>18</p> <p>AM - Celery & PB/Milk</p> <p>Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk</p> <p>ES- Cream of Wheat/Milk</p> | <p>19</p> <p>AM - WG Oatmeal/Milk</p> <p>Sloppy Joes Lima Beans Pineapple Bun/Milk</p> <p>ES - Soft Pretzel/Milk</p> | 20 |
| 21 | <p>22</p> <p>AM - Bananas/Milk</p> <p>Ham and Cheese Cucumbers Peaches WG Bread/Milk</p> <p>ES - Oatmeal/Milk</p> | <p>23</p> <p>AM - Apples/Milk</p> <p>Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk</p> <p>ES-Crackers & Cheese/Milk</p> | <p>24</p> <p>AM - Fruit Salad/Milk</p> <p>Egg Salad Cucumbers Mandarins WG Pita Bread/Milk</p> <p>ES - French Toast/Milk</p> | <p>25</p> <p>AM - Animal Crackers/Milk</p> <p>Cheese Muffin Pizza Carrots Pears Milk</p> <p>ES - WG Crackers/Milk</p> | <p>26</p> <p>AM - Crepes/Milk</p> <p>Cheese Omelet Peas Fruit Salad WG Toast/Milk</p> <p>ES - Goldfish/Milk</p> | 27 |
| 28 | <p>29</p> <p>AM - Rice Cakes/Milk</p> <p>Chicken Tenders Cauliflower Apple WG Wild Rice/Milk</p> <p>ES - Pretzels/Milk</p> | <p>30</p> <p>AM - Bagel/Milk</p> <p>Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk</p> <p>ES - String Cheese/Milk</p> | <p>31</p> <p>AM - English Muffin/Milk</p> <p>Cheese Ravioli Peas Peaches Milk</p> <p>ES - WG Oatmeal/Milk</p> |  | | |