


January 2019

First Step to Nutrition

Breakfast, Lunch & Snack - 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>Ham and Cheese Rollups Cucumbers Pears WG Tortilla/Milk</p> <p>Waffles Peaches/Milk PM - String Cheese/Milk</p>	<p>3</p> <p>Beef Lasagna Salad Kiwi Milk</p> <p>WG Oatmeal Plums/Milk PM - Cutie Orange/Milk</p>	<p>4</p> <p>Fish Fillets Green Beans Pineapple Pilaf Rice/Milk</p> <p>WG Cherrios Banana/Milk PM - Bagel/Milk</p>	<p>5</p>
6	<p>7</p> <p>Sloppy Joes Broccoli Grapes Bun/Milk</p> <p>WG Toast Peaches/Milk PM - Croissants/Milk</p>	<p>8</p> <p>Grilled Ham & Cheese Carrots Pears WG Bread/Milk</p> <p>Bagel Mandarins/Milk PM - Pretzels/Milk</p>	<p>9</p> <p>Pizza Wheels Peppers/Mushrooms Orange WG Tortillas/Milk</p> <p>Kix Fruit Cocktail/Milk PM - Yogurt/Milk</p>	<p>10</p> <p>Chicken Soup Carrots & Celery Applesauce WG Noodles/Milk</p> <p>Cream of Wheat Apple/Milk PM - Animal Crackers/Milk</p>	<p>11</p> <p>Egg Salad Cucumbers Apples WG Pita/Milk</p> <p>Pancakes Bananas/Milk PM - String Cheese/Milk</p>	<p>12</p>
13	<p>14</p> <p>Turkey & Cheese Sandwich French Fries Peaches WG Bread/Milk</p> <p>Cheerios Bananas/Milk PM - Baked Apples/Milk</p>	<p>15</p> <p>Baked Ham Scalloped Potatoes Applesauce Roll/Milk</p> <p>WG Waffles Kiwi/Milk PM - Graham Crackers/Milk</p>	<p>16</p> <p>Chicken Tenders Corn Pineapple WG Wild Rice/Milk</p> <p>Raisin Toast Pears/Milk PM - English Muffins/Milk</p>	<p>17</p> <p>PB & J Sandwich/cheese Carrots Pears WG Bread/Milk</p> <p>Oatmeal Plums/Milk PM - String Cheese/Milk</p>	<p>18</p> <p>Macaroni & Cheese Broccoli Apples Milk</p> <p>WG Toast Bananas/Milk PM Fruit Salad/Milk</p>	<p>19</p>
20	<p>21</p> <p>Beef Stew Carrots/Potatoes Fruit Salad Dumplings/Milk</p> <p>Waffles Orange/Milk PM - WG Crackers/Milk</p>	<p>22</p> <p>Hot Dogs Baked Beans Coleslaw Bun/Milk</p> <p>WG French Toast Peaches/Milk PM - Yogurt/Milk</p>	<p>23</p> <p>Cheese Muffin Pizza Lima Beans Fruit Cocktail Milk</p> <p>Kix Mandarins/Milk PM - WG Cinn Toast/Milk</p>	<p>24</p> <p>Italian Sausage Green Beans Pineapple Roll/Milk</p> <p>WG Cherrios Bananas/Milk PM - Graham Crackers/Milk</p>	<p>25</p> <p>Fish Fillets Mixed Vegetables Applesauce Fish Crackers/Milk</p> <p>WG Oatmeal Pears/Milk PM - String Cheese/Milk</p>	<p>26</p>
27	<p>28</p> <p>Pork Roast Green Beans Kiwi Stuffing/Milk</p> <p>WG French Toast Bananas/Milk PM - Celery/PB/Milk</p>	<p>29</p> <p>Beef Chili Kidney Beans Pears Saltines/Milk</p> <p>WG Cheerios Fruit Cocktail/Milk PM - Yogurt/Milk</p>	<p>30</p> <p>Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk</p> <p>Pancakes Blueberries/Milk PM - Animal Crackers/Milk</p>	<p>31</p> <p>Meatloaf Corn Applesauce WG Roll/Milk</p> <p>French Toast Peaches/Milk PM - String Cheese/Milk</p>		