


# January 2019

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