


March 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 Chicken Drumsticks Lima Beans Apples Cornbread/Milk WG English Muffin Oranges/Milk PM - Animal Crackers/Milk	2 Fish Fillets Corn Kiwi WG Brown Rice/Milk Cream of Wheat Plums/Milk PM - Raisin Bread/Milk	3
4	5 Meatloaf Peas Peaches Noodles/Milk WG Toast Banana/Milk PM - Pretzels/Milk	6 Turkey & Cheese Cucumbers Pears WG Bread/Milk Pancakes Orange/Milk PM - Apples/Milk	7 Beef Tacos Lettuce/Tomatoes Pineapple Taco Shell/Milk WG Cheerios Peaches/Milk PM - String Cheese/Milk	8 Sausage Potatoes Applesauce English Muffins/Milk WG Oatmeal Raisins/Milk PM - Celery/PB/Milk	9 Macaroni & Cheese Green Beans Fruit Cocktail Milk WG French Toast Melon/Milk PM - Yogurt/Milk	10
11	12 Cheese Pizza Broccoli Peaches Milk WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	13 Chicken Pot Pie Carrots/Peas Pineapple Crust/Milk WG Toast Peaches/Milk PM - Croissants/Milk	14 Baked Chicken Cauliflower Mandarin Oranges Bun/Milk English Muffin Applesauce/Milk PM - WG crackers/Milk	15 Chili w/ Beef Kidney Beans Grapes Saltines/Milk WG Pancakes Apple/Milk PM - Pretzels/Milk	16 Grilled Cheese Tomato Soup Pears WG Bread/Milk Waffles Kiwi/Milk PM - Grapes/Milk	17
18	19 Spaghetti w/ Meatballs Salad Fruit Cocktail Milk Pancakes Melon/Milk PM - WG crackers/Milk	20 PB & J w/ Cheese Cubes Carrots Pineapple WG Bread/Milk Kix Peaches/Milk PM - French Toast/Milk	21 Chicken Stir Fry Broccoli Pears WG Brown Rice/Milk Raisin Bread Bananas/Milk PM - Bagel/Milk	22 Beef Stew Carrots Apple Roll/Milk WG Oatmeal Pears/Milk PM - Goldfish/Milk	23 Tuna Noodle Casserole Peas Pears Milk WG Toast Grapes/Milk PM - Carrots & Dip/Milk	24
25	26 Quiche Green Beans Applesauce Milk Cream of Wheat Orange/Milk PM - WG Bagels/Milk	27 Grilled Cheese Tomato Soup Fruit Cocktail WG Bread/Milk English Muffin Bananas/Milk PM - String Cheese/Milk	28 Beef Lasagna Salad Pineapple Milk Pancakes Grapes/Milk PM - WG Crackers/Milk	29 Ham Scalloped Potatoes Peaches Roll/Milk WG Cherrios Apples/Milk PM - Bread Sticks/Milk	30 Egg Salad Green Beans Pineapple Bun/Milk WG Oatmeal Kiwi/Milk PM - Vegy Tray/Milk	31