

April 2024

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 Meatloaf Peas Peaches Noodles/Milk WG Toast Banana/Milk PM Egg Bites/Milk	2 Turkey and Cheese Cucumbers Pears WG Bread/Milk Pancakes Orange/Milk PM Apples/PB/Milk	3 Beef Tacos Lettuce/Tomato Pineapple WG Tortillas/Milk English Muffin Peaches/Milk PM String Cheese/Milk	4 Fish Fillets Green Beans Fruit Cocktail Hush Puppies/Milk WG Oatmeal Strawberries/Milk PM - Celery/PB/Milk	5 Macaroni & Cheese Tomatoes Applesauce Milk Birds Nest WG Toast Grapes/Milk PM - Yogurt/Milk	6	
7	8 Pork Roast Roasted Carrots Applesauce Roll/Milk Waffles Peaches/Milk PM - WG Muffin/Milk	9 Spaghetti w/ Meatballs Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	10 Chicken Drumsticks Green Beans Fruit Cocktail Macaroni Salad/Milk Cream of Wheat Mandarin Oranges/Milk PM-WG Bagel/Milk	11 Sloppy Joes Sweet Potato Fries Apple Bun/Milk WG English Muffins Grapes/Milk PM - Banana/Milk	12 Cheese Quesadillas Black Beans Pineapple WG Tortillas/Milk Pancakes Apples/Milk PM - Cinn Toast/Milk	13	
14	15 Cheese Pizza Muffins Cucumbers Fruit Cocktail WG English Muffins/Milk Waffles Orange/Milk PM - Banana/Milk	16 Meatloaf Corn Applesauce Roll/Milk WG Cinnamon Toast Fruit Cocktail/Milk PM - Yogurt/Milk	17 Baked Chicken Green Beans Sweet Potato Fries Roll/Milk Cheerios Apples/Milk PM - WG Goldfish/Milk	18 Ham Slice Sweet Potato Hash Applesauce Biscuits/Milk WG Pancakes Nectarines/Milk PM -Rice Cakes/PB/Milk	19 Egg Salad Pickles Banana WG Roll/Milk Oatmeal Peaches/Milk PM - Breadsticks/Milk	20	
21	22 Lasagna w/Beef Cucumbers Pears Milk Pancakes Apples/Milk PM- PB WG Toast/Milk	23 Chicken Stir Fry Broccoli Cantaloupe WG Brown Rice/Milk French Toast Grapes/Milk PM - Applesauce/Milk	24 Grilled Cheese Vegetable Soup Fruit Cocktail WG Bread/Milk Waffles Peaches/Milk PM - Animal Crackers/Milk	25 Sloppy Joes Peas Strawberries WG Roll/Milk Kix Orange/Milk PM - Celery/PB/Milk	26 PB & J WG Sandwich String Cheese Carrots Apple/Milk Bagel Strawberries/Milk PM - Graham Crackers/Milk	27	
28	29 Homemade Chicken Soup Carrots & Celery Pineapple WG Wild Rice/Milk French Toast Applesauce/Milk PM - Veggies and dip/Milk	30 Egg Bake Broccoli Apples Roll/Milk WG Cherrios Banana/Milk PM - Graham Crackers/Milk					