


April 2021

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 Pot Pie Potatoes Blueberries Milk WG Toast Pears/Milk PM - Graham Crackers/Milk	2 Cheese Pizza Muffins Cucumbers Strawberries WG English Muffin/Milk Rice Krispies Banana/Milk PM - Yogurt/Milk	3
4	5 Pork Roast Roasted Carrots Applesauce Roll/Milk Waffles Peaches/Milk PM - WG Crackers/Milk	6 Spaghetti w/ Meatballs Salad Pineapple Milk WG Cheerios Banana/Milk PM - Oranges/Milk	7 Chicken Drumsticks Green Beans Fruit Cocktail Macaroni Salad/Milk Cream of Wheat Mandarin Oranges/Milk PM-WG Bagel/Milk	8 Beef Tacos Lettuce/tomato Apple Taco Shells/Milk WG English Muffins Grapes/Milk PM - Banana/Milk	9 Pineapple Chicken Broccoli Pineapple WG Brown Rice/Milk Pancakes Apples/Milk PM - WG Cinn Toast/Milk	10
11	12 Cheese Pizza Muffins Cucumbers Fruit Cocktail WG English Muffins/Milk Waffles Orange/Milk PM - Banana/Milk	13 Ham Corn Applesauce Corn Muffin/Milk WG Cinnamon Toast Fruit Cocktail/Milk PM - Yogurt/Milk	14 Baked Chicken Green Beans Sweet Potato Fries Roll/Milk Cheerios Apples/Milk PM - WG Goldfish/Milk	15 Meatloaf Scalloped Potatoes Applesauce Biscuits/Milk WG Bagels Nectarines/Milk PM - Rice Cakes/PB/Milk	16 Cheese Omelet Peas Fruit Salad WG Toast/Milk Oatmeal Peaches/Milk PM - Breadsticks/Milk	17
18	19 Lasagna w/Beef Salad Pears Milk Pancakes Apples/Milk PM- PB WG Toast/Milk	20 Chicken Stir Fry Broccoli Cantaloupe WG Brown Rice/Milk French Toast Grapes/Milk PM - Applesauce/Milk	21 Grilled Cheese Vegetable Soup Fruit Cocktail WG Bread/Milk Waffles Peaches/Milk PM - Animal Crackers/Milk	22 Sloppy Joes Peas Strawberries WG Roll/Milk Kix Orange/Milk PM - Celery/PB/Milk	23 PB & J WG Sandwich String Cheese Carrots Apple/Milk Bagel Strawberries/Milk PM - Graham Crackers/Milk	24
25	26 Homemade Chicken Soup Carrots & Celery Pineapple WG Wild Rice/Milk French Toast Applesauce/Milk PM - Veggies and dip/Milk	27 Quiche Broccoli Apples Pie Crust/Milk WG Cherrios Banana/Milk PM - Graham Crackers/Milk	28 Cheese Pizza Muffins Green Beans Pears WG English Muffin/Milk Pancakes Strawberries/Milk PM - Rice Cake/Milk	29 Turkey and Cheese Cucumbers Fruit Cocktail WG Bun/Milk Rice Krsipies Banana/Milk PM - Animal Crackers/Milk	30 Macaroni & Cheese Brussel Sprouts Pears Milk Waffles Apples/Milk PM - WG Cinn Toast/Milk	