



April 2021

First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<p>1 AM - French Toast/Milk</p> <p>Cheese Muffin Pizzas Peas Strawberries Milk</p> <p>ES - WG Oatmeal/Milk</p>	<p>2 AM - Applesauce/Milk</p> <p>Scrambled Eggs Peas Apples WG Toast/Milk</p> <p>ES - Goldfish/Milk</p>	<p>3</p>
4	<p>5 AM - Banana/Milk</p> <p>Ham & Cheese Rollup Vegetable Soup Fruit Cocktail Soft Tortilla/Milk</p> <p>ES - WG Oatmeal/Milk</p>	<p>6 AM - Crepes/Milk</p> <p>Hamburger Potato Salad Cantaloupe Bun/Milk</p> <p>ES - WG Toast/Milk</p>	<p>7 AM - Vegy and Dip/Milk</p> <p>Grilled Cheese Tomato Soup Pineapple WG Bread/Milk</p> <p>ES - Goldfish/Milk</p>	<p>8 AM - Yogurt/Milk</p> <p>Spaghetti w/ Meatballs Salad Applesauce Milk</p> <p>ES - WG Crackers/Milk</p>	<p>9 AM - Applesauce/Milk</p> <p>Fish Fillets Green Beans Kiwi WG Brown Rice/Milk</p> <p>ES - Cream of Wheat/Milk</p>	10
11	<p>12 AM - Mini Bagels/Milk</p> <p>Chicken Soup Carrots Peaches WG Wild Rice/Milk</p> <p>ES - Breadsticks/Milk</p>	<p>13 AM - French Toast/Milk</p> <p>Cheese Manicotti Green Beans Pears Milk</p> <p>ES - WG Crackers/Milk</p>	<p>14 AM - Corn Muffin/Milk</p> <p>Turkey Sandwich Tator Tots Applesauce WG Bread/Milk</p> <p>ES - Oatmeal/Milk</p>	<p>15 AM - Carrots/Milk</p> <p>Sloppy Joe Sweet Potato Fries Mixed Vegetables Bun/Milk</p> <p>ES - WG Cherrios/Milk</p>	<p>16 AM - Bran Muffin/Milk</p> <p>PB & J/String Cheese Celery sticks Pineapple WG Bread/Milk</p> <p>ES - Rice Cakes/PB/Milk</p>	17
18	<p>19 AM - Bananas/Milk</p> <p>Macaroni & Cheese Stewed Tomatoes Applesauce Milk</p> <p>ES - WG Cherrios/Milk</p>	<p>20 AM - Fruit Cup/Milk</p> <p>Cheese Pizza Muffins Carrots Pineapple WG English Muffin/Milk</p> <p>ES - Oatmeal/Milk</p>	<p>21 AM - Grahams/Milk</p> <p>Egg Salad Cucumbers Strawberries WG Pita Bread/Milk</p> <p>ES - Yogurt/Milk</p>	<p>22 AM - Oatmeal/Milk</p> <p>Meatloaf Mashed Potatoes Fruit Cocktail Roll/Milk</p> <p>ES - WG Goldfish/Milk</p>	<p>23 AM-Crackers/Cheese/Milk</p> <p>Tuna Noodle Casserole Peas Peaches Milk</p> <p>ES -WG Cinn Toast/Milk</p>	24
25	<p>26 AM - Watermelon/Milk</p> <p>Baked Ham Sweet Potatoes Fruit Cocktail WG Brown Rice/Milk</p> <p>ES - Raisin Bread/Milk</p>	<p>27 AM - Peach Smoothie/Milk</p> <p>Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortilla/Milk</p> <p>ES - Yogurt/Milk</p>	<p>28 AM- Mini Bagel/Milk</p> <p>Scrambled Eggs Peas Orange WG Toast/Milk</p> <p>ES - Oatmeal/Milk</p>	<p>29 AM - Croissants/Milk</p> <p>Chicken Enchildas Corn Peaches WG Tortillas/Milk</p> <p>ES - Cinnamon Toast/Milk</p>	<p>30 AM - Yogurt/Milk</p> <p>Pineapple Chicken Broccoli Pineapple WG Brown Rice/Milk</p> <p>ES - Pretzels/Milk</p>	