

April 2023

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 |  |    |  |    |    |
|-----|---|---------|---|----------|---|-----|--|----|--|----|----|
| 30  |   |         |   |          |   | 1   |  |    |  |    |    |
| 2   | Pork Roast<br>Roasted Carrots<br>Applesauce<br>Roll/Milk<br><br>Waffles<br>Peaches/Milk<br>PM - WG Muffin/Milk                                  | 3       | Spaghetti w/ Meatballs<br>Salad<br>Pineapple<br>Milk<br><br>WG Cheerios<br>Banana/Milk<br>PM - Oranges/Milk                 | 4        | Chicken Drumsticks<br>Green Beans<br>Fruit Cocktail<br>Macaroni Salad/Milk<br><br>Cream of Wheat<br>Mandarin Oranges/Milk<br>PM-WG Bagel/Milk | 5   | Sloppy Joes<br>Sweet Potato Fries<br>Apple<br>Bun/Milk<br><br>WG English Muffins<br>Grapes/Milk<br>PM - Banana/Milk              | 6  | Spinach Quesadillas<br>Black Beans<br>Pineapple<br>WG Tortillas/Milk<br><br>Pancakes<br>Apples/Milk<br>PM - WG Cinn Toast/Milk | 7  | 8  |
| 9   | Cheese Pizza Muffins<br>Cucumbers<br>Fruit Cocktail<br>WG English Muffins/Milk<br><br>Waffles<br>Orange/Milk<br>PM - Banana/Milk                | 10      | Meatloaf<br>Corn<br>Applesauce<br>Roll/Milk<br><br>WG Cinnamon Toast<br>Fruit Cocktail/Milk<br>PM - Yogurt/Milk             | 11       | Baked Chicken<br>Green Beans<br>Sweet Potato Fries<br>Roll/Milk<br><br>Cheerios<br>Apples/Milk<br>PM - WG Goldfish/Milk                       | 12  | Ham Slice<br>Scalloped Potatoes<br>Applesauce<br>Biscuits/Milk<br><br>WG Pancakes<br>Nectarines/Milk<br>PM -Rice Cakes/PB/Milk   | 13 | Meatballs & Marinara<br>Salad<br>Peaches<br>WG Roll/Milk<br><br>Oatmeal<br>Peaches/Milk<br>PM - Breadsticks/Milk               | 14 | 15 |
| 16  | Lasagna w/Beef<br>Cucumbers<br>Pears<br>Milk<br><br>Pancakes<br>Apples/Milk<br>PM- PB WG Toast/Milk   | 17      | Chicken Stir Fry<br>Broccoli<br>Cantaloupe<br>WG Brown Rice/Milk<br><br>French Toast<br>Grapes/Milk<br>PM - Applesauce/Milk | 18       | Grilled Cheese<br>Vegetable Soup<br>Fruit Cocktail<br>WG Bread/Milk<br><br>Waffles<br>Peaches/Milk<br>PM - Animal Crackers/Milk               | 19  | Sloppy Joes<br>Peas<br>Strawberries<br>WG Roll/Milk<br><br>Kix<br>Orange/Milk<br>PM - Celery/PB/Milk                             | 20 | PB & J WG Sandwich<br>String Cheese<br>Carrots<br>Apple/Milk<br><br>Bagel<br>Strawberries/Milk<br>PM - Graham Crackers/Milk    | 21 | 22 |
| 23  | Homemade Chicken Soup<br>Carrots & Celery<br>Pineapple<br>WG Wild Rice/Milk<br><br>French Toast<br>Applesauce/Milk<br>PM - Veggies and dip/Milk | 24      | Quiche<br>Broccoli<br>Apples<br>Pie Crust/Milk<br><br>WG Cherrios<br>Banana/Milk<br>PM - Graham Crackers/Milk               | 25       | Cheese Pizza Muffins<br>Green Beans<br>Pears<br>WG English Muffin/Milk<br><br>Pancakes<br>Strawberries/Milk<br>PM - Rice Cake/Milk            | 26  | Turkey and Cheese<br>Cucumbers<br>Fruit Cocktail<br>WG Bun/Milk<br><br>Rice Krsipies<br>Banana/Milk<br>PM - Animal Crackers/Milk | 27 | Macaroni & Cheese<br>Brussel Sprouts<br>Pears<br>Milk<br><br>Waffles<br>Apples/Milk<br>PM - WG Cinn Toast/Milk                 | 28 | 29 |