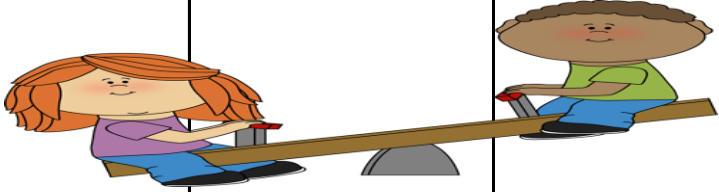


April 2023

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