

February 2020

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					
2	Sloppy Joe Peas Pineapple Bun/Milk Bagels Oranges/Milk PM-WG crackers/Milk	3	Grilled Cheese Tomato Soup Applesauce WG Bread/Milk Kix Grapes/Milk PM - Apple/PB/Milk	4	Chicken Soup Celery & Carrots Fruit Salad WG Rice/Milk Cream of Wheat Banana/Milk PM - Pretzels/Milk	5	Sausage Green Beans Plums French Toast/Milk WG English Muffin Peaches/Milk PM - Wheat thins/Milk	6	PB & J Sandwich String Cheese Carrots/ Apple WG Bread/Milk Cheerios Bananas/Milk PM-Raw Veg Plate/Milk	7	8
9	Lasagna w/ Meat Salad Fruit Cocktail Milk WG Waffles Pears/Milk PM - String Cheese/Milk	10	Turkey & Cheese Carrots Peaches Pita Bread/Milk WG Cherrios Melon/Milk PM-Grapes/Milk	11	Vegetable Beef Soup Carrots & Potatoes Apple WG Barley/Milk French Toast Bananas/Milk PM - Pretzels/Milk	12	Fish Fillets Corn Applesauce WG Rice/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	13	Macaroni & Cheese Green Beans Pineapple Milk WG Toast Apple/Milk PM - Soft Pretzels/Milk	14	15
16	Meatloaf Cauliflower Kiwi Roll/Milk WG Waffles Blueberries/Milk PM - Crepes/Milk	17	Chicken Tenders Broccoli Apple Noodles/Milk WG Cheerios Bananas/Milk PM - Yogurt /Milk	18	Spaghetti and Meatballs Salad Fruit Cocktail Milk WG Toast Applesauce/Milk PM - Celery w/PB/Milk	19	Chicken Soup Corn Pineapple Corn Bread/Milk WG Oatmeal Fruit Cocktail/Milk PM - Bananas/Milk	20	Cheese Pizza Green Beans Peaches Milk English Muffins Mandarins/Milk PM - WG Crackers/Milk	21	22
23	Hamburgers Sweet Potato Fries Fruit Cocktail Bun/Milk WG Cherrios Peaches/Milk PM - String Cheese/Milk	24	Tuna Salad Tator Tots Nectarine Pita Pocket/Milk WG Oatmeal Pears/Milk PM - Pretzels/Milk	25	Cheese Ziti Salad Kiwi Milk WG Waffles Strawberries/Milk PM - Grahams/Milk	26	Scrambled Eggs Peas Orange WG Toast/Milk Pancakes Melon/Milk PM - Bagel/Milk	27	Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortillas/Milk Rice Krsipies Banana/Milk PM - Yogurt/Milk	28	29