


February 2020

First Step to Nutrition

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

* Provider Signature: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat						
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2	AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Yogurt/Milk	3	AM - Mini-Bagels/Milk Chicken Tenders Green Beans Fruit Cocktail Noodles/Milk ES - WG Oatmeal/Milk	4	AM-Cuties/Milk Hot Dogs Tater Tots Kiwi Bun/Milk ES -WG Crackers/Milk	5	AM - Yogurt/Milk Chili w/Meat Red Beans Fruit Salad Corn Muffin/Milk ES - WG Toast/Milk	6	AM - Oatmeal/Milk Macaroni & Cheese Stewed Tomatoes Grapes Milk ES - WG Animal Ckrs/Milk	7		8
9	AM - Cuties/Milk Sausage Hash Browns Mandarins WG Pancakes/Milk ES - Bananas/Milk	10	AM - Apples/Milk PB & J w/Yogurt Raw Veg Plate Pineapple WG Bread /Milk ES - Celery & PB/Milk	11	AM - Yogurt /Milk Baked Chicken Broccoli Fruit Salad WG Brown Rice/Milk ES - Goldfish/Milk	12	AM -Waffles/Milk Chicken Rice Soup Carrots Pears WG Wild Rice/Milk ES - Cuties/Milk	13	AM - Applesauce/Milk Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk ES - WG Crackers/Milk	14		15
16	AM - Fruit Cup/Milk Sloppy Joes Sweet Potato Fries Peaches Bun/Milk ES - WG Oatmeal/Milk	17	AM - French Toast /Milk Beef Stew Carrots/Potatoes Applesauce WG Barley/Milk ES - Fruit Salad/Milk	18	AM - Yogurt/Milk Egg Salad Cucumbers Apples Pita Bread/Milk ES - WG Animal Crks/Milk	19	AM -Pancakes/Milk Meatloaf Green Beans Pears WG Rice/Milk ES - Orange/Milk	20	AM - Pears/Milk Tuna Patties Broccoli Fruit Cocktail Bun/Milk ES -WG Cheerios/Milk	21		22
23	AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Oatmeal/Milk	24	AM - String Cheese/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES- Yogurt/Milk	25	AM - Fruit Salad/Milk Beef Soft Tacos Lettuce/Tomato Apples WG Tortillas/Milk ES - String Cheese/Milk	26	AM - Corn Muffin/Milk Grilled Cheese Tomato Soup Plums WG Wheat Bread/Milk ES - Animal Crackers/Milk	27	AM - Bagel/Milk Cheese Pizza Muffins Green Beans Peaches WG English Muffin/Milk ES - Graham Cracker/Milk	28		29