

February 2021

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
28						
	1	2	3	4	5	6
	Sloppy Joe Peas Pineapple Bun/Milk Bagels Oranges/Milk PM-WG crackers/Milk	Grilled Cheese Tomato Soup Applesauce WG Bread/Milk Kix Grapes/Milk PM - Apple/PB/Milk	Chicken Soup Celery & Carrots Fruit Salad WG Rice/Milk Cream of Wheat Banana/Milk PM - Pretzels/Milk	Breakfast Sausage Green Beans Orange French Toast/Milk WG English Muffin Peaches/Milk PM - Wheat thins/Milk	PB & J Sandwich String Cheese Carrots/ Apple WG Bread/Milk Cheerios Bananas/Milk PM-Raw Veg Plate/Milk	
7	8	9	10	11	12	13
	Lasagna w/ Meat Salad Fruit Cocktail Milk WG Waffles Pears/Milk PM - String Cheese/Milk	Turkey & Cheese Carrots Peaches Pita Bread/Milk WG Cherrios Melon/Milk PM-Grapes/Milk	Vegetable Beef Soup Carrots & Potatoes Apple WG Barley/Milk French Toast Bananas/Milk PM - Pretzels/Milk	Fish Fillets Corn Applesauce WG Rice/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	Macaroni & Cheese Green Beans Pineapple Milk WG Toast Apple/Milk PM - Soft Pretzels/Milk	
14	15	16	17	18	19	20
	Meatloaf Sweet Potatoes & Apples Banana Roll/Milk WG Waffles Blueberries/Milk PM - Crepes/Milk	Chicken Tenders Broccoli Apple Noodles/Milk WG Cheerios Bananas/Milk PM - Yogurt /Milk	Spaghetti and Meatballs Salad Fruit Cocktail Milk WG Toast Applesauce/Milk PM - Celery w/PB/Milk	Chicken Soup Corn Pineapple Corn Bread/Milk WG Oatmeal Fruit Cocktail/Milk PM - Bananas/Milk	Cheese Pizza Green Beans Peaches Milk English Muffins Mandarins/Milk PM - WG Crackers/Milk	
21	22	23	24	25	26	27
	Hamburgers Sweet Potato Fries Fruit Cocktail Bun/Milk WG Cherrios Peaches/Milk PM - String Cheese/Milk	Tuna Salad Tator Tots Nectarine Pita Pocket/Milk WG Oatmeal Pears/Milk PM - Pretzels/Milk	Cheese Ziti Salad Kiwi Milk WG Waffles Strawberries/Milk PM - Grahams/Milk	Scrambled Eggs Peas Orange WG Toast/Milk Pancakes Melon/Milk PM - Bagel/Milk	Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortillas/Milk Rice Krsipies Banana/Milk PM - Yogurt/Milk	