


## February 2021

### 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
<b>28</b>						
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Yogurt/Milk	AM - Mini-Bagels/Milk Chicken Tenders Sweet Potatoes & Apples Banana Roll/Milk ES - WG Oatmeal/Milk	AM-Cuties/Milk Hot Dogs Tater Tots Kiwi Bun/Milk ES -WG Crackers/Milk	AM - Yogurt/Milk Chili w/Meat Red Beans Fruit Salad Corn Muffin/Milk ES - WG Toast/Milk	AM - Oatmeal/Milk Macaroni & Cheese Stewed Tomatoes Grapes Milk ES - WG Wheat Cinn Toast/Milk	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	AM - Cuties/Milk Sausage Hash Browns Mandarins WG Pancakes/Milk ES - Bananas/Milk	AM - Apples/Milk PB & J w/Yogurt Cucumbers Pineapple WG Bread /Milk ES - Celery & PB/Milk	AM - Yogurt /Milk Baked Chicken Broccoli Fruit Salad WG Brown Rice/Milk ES - Goldfish/Milk	AM -Waffles/Milk Chicken Rice Soup Carrots Pears WG Wild Rice/Milk ES - Cuties/Milk	AM - Applesauce/Milk Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk ES - WG Crackers/Milk	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	AM - Fruit Cup/Milk Sloppy Joes Sweet Potato Fries Peaches Bun/Milk ES - WG Oatmeal/Milk	AM - French Toast /Milk Beef Stew Carrots/Potatoes Applesauce WG Barley/Milk ES - Fruit Salad/Milk	AM - Yogurt/Milk Egg Salad Cucumbers Apples Pita Bread/Milk ES - WG Crackers/Milk	AM -Pancakes/Milk Meatloaf Green Beans Pears WG Rice/Milk ES - Orange/Milk	AM - Pears/Milk Tuna Patties Broccoli Fruit Cocktail Bun/Milk ES -WG Cheerios/Milk	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Oatmeal/Milk	AM - String Cheese/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES- Yogurt/Milk	AM - Fruit Salad/Milk Beef Soft Tacos Lettuce/Tomato Apples WG Tortillas/Milk ES - String Cheese/Milk	AM - Corn Muffin/Milk Grilled Cheese Tomato Soup Plums WG Wheat Bread/Milk ES - Animal Crackers/Milk	AM - Bagel/Milk Cheese Pizza Muffins Green Beans Peaches WG English Muffin/Milk ES - Graham Cracker/Milk	