

February 2023

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 Mushroom Quesadilla w/cheese & Avocado Pineapple WG Tortilla/Milk Pancakes Blueberries/Milk PM String Cheese/Milk	2 Scrambled Eggs Peas Orange WG Toast/Milk Bagel Peaches/Milk PM - Yogurt/Milk	3 Spaghetti and Meatballs Cucumbers Fruit Cocktail Milk WG Oatmeal Banana/Milk PM - Animal Crackers/Milk	4	
5	6 Sloppy Joe Peas Pineapple Bun/Milk Bagels Oranges/Milk PM-WG Cinn Toast/Milk	7 Grilled Cheese Tomato Soup Applesauce WG Bread/Milk Kix Grapes/Milk PM - Apple/PB/Milk	8 Chicken Soup Celery & Carrots Fruit Salad WG Rice/Milk Cream of Wheat Banana/Milk PM - Pretzels/Milk	9 Breakfast Sausage Green Beans Orange French Toast/Milk WG English Muffin Peaches/Milk PM - Wheat Thins/Milk	10 PB & J Sandwich String Cheese Carrots/ Apple WG Bread/Milk Cheerios Bananas/Milk PM-Raw Veg Plate/Milk	11	
12	13 Lasagna w/ Meat Salad Fruit Cocktail Milk WG Waffles Pears/Milk PM - String Cheese/Milk	14 Turkey & Cheese Carrots Peaches Pita Bread/Milk WG Cheerios Melon/Milk PM-Grapes/Milk	15 Beef Tacos Lettuce/Tomato Apple WG Tortilla/Milk French Toast Bananas/Milk PM - Pretzels/Milk	16 Chicken Penne Broccoli Applesauce WG Penne/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	17 Macaroni & Cheese Green Beans Pineapple Milk WG Toast Apple/Milk PM - Soft Pretzels/Milk	18	
19	20 Meatloaf Sweet Potatoes & Apples Banana Roll/Milk WG Waffles Blueberries/Milk PM - Graham Crackers/Milk	21 Chicken Breast Carrots & Broccoli Apple WG Fried Rice/Milk WG Cheerios Bananas/Milk PM - Yogurt /Milk	22 Spaghetti and Meatballs Salad Fruit Cocktail Milk WG Toast Applesauce/Milk PM - Celery w/PB/Milk	23 Chicken Soup Corn Pineapple Corn Bread/Milk WG Oatmeal Pears/Milk PM - Bananas/Milk	24 Cheese Pizza Green Beans Peaches Milk English Muffins Mandarins/Milk PM - WG Crackers/Milk	25	
26	27 Bean WG Rice Burgers Sweet Potato Fries Fruit Cocktail Bun/Milk Rice Krispies Peaches/Milk PM - String Cheese/Milk	28 Cheese WG Ziti Salad Peaches Milk Corn Muffin Strawberries/Milk PM - Pretzels/Milk					