


February 2023

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
			1	2	3	4
			AM - Corn Muffin/Milk Sloppy Joes French Fries Pears WG Bun/Milk ES - Pretzels/Milk	AM - Fruit Salad/Milk Grilled Cheese Cucumbers Tomato Soup WG Wheat Bread/Milk ES - String Cheese/Milk	AM - Bagel/Milk Cheese Pizza Muffin Green Beans Pears WG English Muffin/Milk ES - Grahams/Milk	
5	6	7	8	9	10	11
AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Yogurt/Milk	AM - Mini-Bagels/Milk Chicken Penne Broccoli Pineapple WG Penne/Milk ES - Yogurt/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 WG Cinn Toast/Milk		
12	13	14	15	16	17	18
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 Cherrios/Milk		
19	20	21	22	23	24	25
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 Bean WG Rice Burgers Sweet Potato Fries Fruit Cocktail Bun/Milk ES -Cherrios/Milk		
26	27	28				
AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Cinn Toast/Milk	AM - Yogurt/Milk Beef Strips Carrots and Broccoli Mandarin Oranges WG Fried Rice/Milk ES - Animal Crackers/Milk					