


January 2024

First Step To Nutrition

Snacks and Dinner - 1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 	2 AM- PB Rice Cakes/Milk Breakfast Sausage Links Baked Pancakes w/Pears Carrots WG Pancakes/Milk ES - Animal Crackers/Milk	3 AM - Cinnamin Toast/Milk Cheese Ravioli Green Beans Pineapple Milk ES - WG Oatmeal/Milk	4 AM - Fruit Salad/Milk Beef Tacos Lettuce/Tomato Grapes WG Tortillas/Milk ES - String Cheese/Milk	5 AM - Mini Bagel/Milk English Muffin Pizza w/cheese Lima Beans Pears WG English Muffin/Milk ES - Pretzels/Milk	6
7	8 AM - Rice Cakes/Milk Chicken Breast Green Beans Peaches WG Brown Rice/Milk ES - Baked Apples/Milk	9 AM - String Cheese/Milk Fish Tenders Lima Beans Applesauce WG Fish Crackers/Milk ES - Banana/Milk	10 AM- Toast/Milk Cheese Quesidillas Corn Pineapple WG Tortillas/Milk ES - WG Oatmeal/Milk	11 AM - Croissants/Milk WG Spaghetti w/Meatballs Salad Peaches/Milk ES - Rice Cakes/Milk	12 AM - Corn muffin/Milk Chicken Salad Peas Grapes Roll/Milk ES - WG Cherrios/Milk	13
14	15 AM -Applesauce/Milk Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk ES- WG Oatmeal/Milk	16 AM - Yogurt/Milk PB & J w/ Yogurt Carrots Orange WG Bread/Milk ES - Fruit Salad/Milk	17 AM - Graham Crackers/Milk Baked Chicken Green Beans Applesauce Stuffing/Milk ES - Yogurt/Milk	18 AM - Celery & PB/Milk Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk ES- Cream of Wheat/Milk	19 AM - Soft Pretzel/Milk Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk ES - WG Cinnamon Toast/Milk	20
21	22 AM - Applesauce/Milk Ham and Cheese Cucumbers Peaches Tortilla/Milk ES -WG muffin/Milk	23 AM - Nectarines/Milk Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk ES-Crackers & Cheese/Milk	24 AM - Applesauce/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk	25 AM - GrahamCrackers/Milk English Muffin Pizza w/cheese and Peppers Pears WG English Muffin/Milk ES - Pretzels/Milk	26 AM - Crepes/Milk Porcupine Turkey Sliders French Fries Fruit Salad WG Roll/Milk ES - Goldfish/Milk	27
28	29 AM - Rice Cakes/Milk Chicken Tenders Cauliflower Apple WG Wild Rice/Milk ES - Pretzels/Milk	30 AM - Bagel/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES - String Cheese/Milk	31 AM - Yogurt/Milk Scrambled Eggs Peas Oranges WG Toast/Milk ES - Animal Crackers/Milk			