


January 2020

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 | 3 | 4 |
| |  | | | AM - Yogurt/Milk PB&J Sandwich/cheese Carrots Pears WG Bread/Milk ES - Cherrios/Milk | AM - Cinn Toast/Milk Grilled Cheese Lima beans Kiwi WG Muffin/Milk ES - Sweet Pot Stix/Milk | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| AM - Rice Cakes/Milk Scrambled Eggs Peas Peaches WG Toast/Milk ES - Baked Apples/Milk | AM - String Cheese/Milk Chicken Tenders Lima Beans Applesauce WG Wild Rice/Milk ES - Banana/Milk | AM- Toast/Milk Spanish Rice w/Beef Corn Pineapple Milk ES - WG Oatmeal/Milk | AM - Croissants/Milk WG Spaghetti w/Meatballs Salad Peaches/Milk ES - Soft Pretzels/Milk | AM - Corn muffin/Milk Chicken Salad Peas Grapes Roll/Milk ES - WG muffin/Milk | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| AM -Applesauce/Milk Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk ES- WG Toast/Milk | AM - Yogurt/Milk PB & J w/ Yogurt Carrots Orange WG Bread/Milk ES - Fruit Salad/Milk | AM - Graham Crackers/Milk Pork Roast Green Beans Applesauce WG Roll/Milk ES - Yogurt/Milk | AM - Celery & PB/Milk Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk ES- Cream of Wheat/Milk | AM - Soft Pretzel/Milk Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk ES - WG Oatmeal/Milk | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| AM - Applesauce/Milk Ham and Cheese Cucumbers Peaches Tortilla/Milk ES -WG muffin/Milk | AM - Nectarines/Milk Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk ES-Crackers & Cheese/Milk | AM - Fruit Salad/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk | AM - Animal Crackers/Milk Pizza Wheels Peppers/Mushrooms Pears WG Tortilla/Milk ES - Pretzels/Milk | AM - Crepes/Milk Cheese Omelet Peas Fruit Salad WG Toast/Milk ES - Goldfish/Milk | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| AM - Rice Cakes/Milk Chicken Tenders Cauliflower Apple WG Wild Rice/Milk ES - Pretzels/Milk | AM - Bagel/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES - String Cheese/Milk | AM - English Muffin/Milk Cheese Ravioli Peas Peaches Milk ES - WG Oatmeal/Milk | AM - Fruit Salad/Milk Beef Tacos Lettuce/Tomatoes Pears WG Tortillas/Milk ES - Graham Crackers/Milk | AM - Corn Muffins/Milk Grilled Cheese Tomato Soup Grapes WG Bread/Milk ES - Animal Crackers/Milk | | |