


# January 2021

## First Step to Nutrition

Breakfast, Lunch & Snack - 1% Milk/whole milk served to children age 1 WG=whole grain

\* Provider Signature: \_\_\_\_\_

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
31					1	2
						
3	4	5	6	7	8	9
	Sloppy Joes Broccoli Grapes Bun/Milk  WG Toast Peaches/Milk PM - Croissants/Milk	Grilled Ham & Cheese Carrots Pears WG Bread/Milk  Bagel Mandarins/Milk PM - Pretzels/Milk	Winter Beef Stew w/squash and turnips Peaches WG Roll/Milk  Kix Fruit Cocktail/Milk PM - Yogurt/Milk	Baked Chicken Green Beans Applesauce WG Rice/Milk  Cream of Wheat Apple/Milk PM- Animal Crackers/Milk	Egg Salad Cucumbers Apples WG Pita/Milk  Pancakes Bananas/Milk PM - String Cheese/Milk	
10	11	12	13	14	15	16
	Turkey & Cheese Sandwich French Fries Peaches WG Bread/Milk  Cheerios Bananas/Milk PM - Baked Apples/Milk	Baked Ham Scalloped Potatoes Applesauce Roll/Milk  WG Waffles Kiwi/Milk PM - Graham Crackers/Milk	Chicken Tenders Corn Pineapple WG Wild Rice/Milk  Raisin Toast Pears/Milk PM - English Muffins/Milk	PB & J Sandwich/cheese Carrots Pears WG Bread/Milk  Oatmeal Plums/Milk PM- String Cheese/Milk	Macaroni & Cheese Broccoli Apples Milk  WG Toast Bananas/Milk PM Fruit Salad/Milk	
17	18	19	20	21	22	23
	Beef Stew Carrots/Potatoes Fruit Salad Dumplings/Milk  Waffles Orange/Milk PM - WG Crackers/Milk	Hot Dogs Baked Beans Coleslaw Bun/Milk  WG French Toast Peaches/Milk PM - Yogurt/Milk	Cheese Muffin Pizza Lima Beans Fruit Cocktail Milk  Kix Apples/Milk PM - WG Cinn Toast/Milk	Cheeseburger Green Beans Pineapple Bun/Milk  WG Cherrios Bananas/Milk PM - Graham Crackers/Milk	Fish Fillets Mixed Vegetables Applesauce Fish Crackers/Milk  WG Oatmeal Pears/Milk PM - String Cheese/Milk	
24	25	26	27	28	29	30
	Turkey Supreme Green Beans Peaches Cornbread Stuffing/Milk  WG French Toast Bananas/Milk PM - Celery/PB/Milk	Beef Chili Kidney Beans Pears Saltines/Milk  WG Cheerios Fruit Cocktail/Milk PM - Yogurt/Milk	Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk  Pancakes Blueberries/Milk PM - Animal Crackers/Milk	Meatloaf Corn Applesauce WG Roll/Milk  English Muffins Peaches/Milk PM - String Cheese/Milk	Ham and Cheese Roll-up Cucumbers Fruit Salad WG Tortilla/Milk  Bagel Blueberries/Milk PM - Pretzels/Milk	