



# January 2021

## 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.
31						
3	<p>AM - Rice Cakes/Milk</p> <p>Scrambled Eggs Peas Peaches WG Toast/Milk</p> <p>ES - Baked Apples/Milk</p>	<p>AM - String Cheese/Milk</p> <p>Chicken Tenders Lima Beans Applesauce WG Wild Rice/Milk</p> <p>ES - Banana/Milk</p>	<p>AM- Toast/Milk</p> <p>Spanish Rice w/Beef Corn Pineapple Milk</p> <p>ES - WG Oatmeal/Milk</p>	<p>AM - Croissants/Milk</p> <p>WG Spaghetti w/Meatballs Salad Peaches/Milk</p> <p>ES - Soft Pretzels/Milk</p>	<p>AM - Corn muffin/Milk</p> <p>Chicken Salad Peas Grapes Roll/Milk</p> <p>ES - WG Cherrios/Milk</p>	4
10	<p>AM -Applesauce/Milk</p> <p>Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk</p> <p>ES- WG Crackers/Milk</p>	<p>AM - Yogurt/Milk</p> <p>PB &amp; J w/ Yogurt Carrots Orange WG Bread/Milk</p> <p>ES - Fruit Salad/Milk</p>	<p>AM - Graham Crackers/Milk</p> <p>Turkey Supreme Green Beans Applesauce Cornbread Stuffing/Milk</p> <p>ES - Yogurt/Milk</p>	<p>AM - Celery &amp; PB/Milk</p> <p>Beef Stew Carrots &amp; Potatoes Kiwi WG Crackers/Milk</p> <p>ES- Cream of Wheat/Milk</p>	<p>AM - Soft Pretzel/Milk</p> <p>Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk</p> <p>ES - WG Cinnamon Toast/Milk</p>	11
17	<p>AM - Applesauce/Milk</p> <p>Ham and Cheese Cucumbers Peaches Tortilla/Milk</p> <p>ES -WG muffin/Milk</p>	<p>AM - Nectarines/Milk</p> <p>Chicken Soup Celery &amp; Carrots Applesauce WG Noodles/Milk</p> <p>ES-Crackers &amp; Cheese/Milk</p>	<p>AM - Fruit Salad/Milk</p> <p>Egg Salad Tator Tots Mandarins WG Pita Bread/Milk</p> <p>ES - French Toast/Milk</p>	<p>AM - Animal Crackers/Milk</p> <p>Pizza Muffins/ cheese Peppers/Mushrooms Pears WG English Muffin/Milk</p> <p>ES - Pretzels/Milk</p>	<p>AM - Crepes/Milk</p> <p>Winter Beef Stew w/squash and turnips Fruit Salad WG Roll/Milk</p> <p>ES - Goldfish/Milk</p>	18
24	<p>AM - Rice Cakes/Milk</p> <p>Chicken Tenders Cauliflower Apple WG Wild Rice/Milk</p> <p>ES - Pretzels/Milk</p>	<p>AM - Bagel/Milk</p> <p>Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk</p> <p>ES - String Cheese/Milk</p>	<p>AM - English Muffin/Milk</p> <p>Cheese Ravioli Peas Peaches Milk</p> <p>ES - WG Oatmeal/Milk</p>	<p>AM - Fruit Salad/Milk</p> <p>Beef Tacos Lettuce/Tomatoes Pears WG Tortillas/Milk</p> <p>ES - Graham Crackers/Milk</p>	<p>AM - Corn Muffins/Milk</p> <p>Grilled Cheese Tomato Soup Grapes WG Bread/Milk</p> <p>ES - Animal Crackers/Milk</p>	25
						30