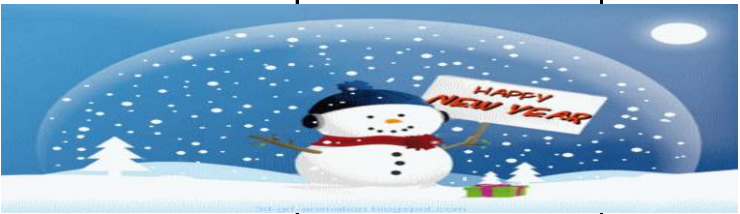


January 2022

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.
30	31					1
	Arroz Con Pollo (Chicken) Tomatoes/Peppers Pineapple WG Brown Rice/Milk Waffles Strawberries/Milk PM - Frozen Pear Pops/Milk					
2	3	4	5	6	7	8
	Sloppy Joes Broccoli Grapes Bun/Milk WG Toast Applesauce/Milk PM - Pear Salsa & Crks/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	Pear Quesadilla w/cheese Cucumbers Pears WG Tortillas/Milk Pancakes Bananas/Milk PM - String Cheese/Milk	
9	10	11	12	13	14	15
	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 Applesauce/Milk PM Fruit Salad/Milk	
16	17	18	19	20	21	22
	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 WG English Muffin/Milk Kix Apples/Milk PM - 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	
23	24	25	26	27	28	29
	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	