



January 2022

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.	
30	31 AM - Pear Salsa & ckr/Milk Scrambled Eggs Peas Peaches WG Toast/Milk ES - Grahams/Milk						1
2	3 AM - Rice Cakes/Milk Arroz Con Pollo (Chicken) Tomatoes/Peppers Peaches WG Brown Rice/Milk ES - Baked Apples/Milk	4 AM - String Cheese/Milk Fish Tenders Lima Beans Applesauce WG Fish Crks/Milk ES - Banana/Milk	5 AM- Toast/Milk Beef Tacos Corn Pineapple WG Tortillas/Milk ES - WG Oatmeal/Milk	6 AM - Croissants/Milk WG Spaghetti w/Meatballs Salad Peaches/Milk ES - Frozen Pear Pops/Milk	7 AM - Corn muffin/Milk Chicken Salad Peas Grapes Roll/Milk ES - WG Cherrios/Milk	8	
9	10 AM - Applesauce/Milk Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk ES- WG Oatmeal/Milk	11 AM - Yogurt/Milk PB & J w/ Yogurt Carrots Orange WG Bread/Milk ES - Fruit Salad/Milk	12 AM - Graham Crackers/Milk Turkey Supreme Green Beans Applesauce Cornbread Stuffing/Milk ES - Yogurt/Milk	13 AM - Celery & PB/Milk Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk ES- Cream of Wheat/Milk	14 AM - Soft Pretzel/Milk Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk ES - WG Cinnamon Toast/Milk	15	
16	17 AM - Applesauce/Milk Ham and Cheese Cucumbers Peaches Tortilla/Milk ES -WG muffin/Milk	18 AM - Nectarines/Milk Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk ES-Crackers & Cheese/Milk	19 AM - Fruit Salad/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk	20 AM - Animal Crackers/Milk Pizza Muffins/ cheese Peppers/Mushrooms Pears WG English Muffin/Milk ES - Pretzels/Milk	21 AM - Crepes/Milk Winter Beef Stew w/squash and turnips Fruit Salad WG Roll/Milk ES - Goldfish/Milk	22	
23	24 AM - Rice Cakes/Milk Chicken Tenders Cauliflower Apple WG Wild Rice/Milk ES - Pretzels/Milk	25 AM - Bagel/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES - String Cheese/Milk	26 AM - English Muffin/Milk Cheese Ravioli Peas Peaches Milk ES - WG Oatmeal/Milk	27 AM - Fruit Salad/Milk Beef Tacos Lettuce/Tomatoes Pears WG Tortillas/Milk ES - Graham Crackers/Milk	28 AM - Corn Muffins/Milk Grilled Cheese Tomato Soup Grapes WG Bread/Milk ES - Animal Crackers/Milk	29	