

January 2023

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