

January 2023

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

