


March 2024

First Step to Nutrition

Breakfast, Lunch & PM Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31 Happy Easter!					1 Bean Soup Carrot Sticks Applesauce WG crackers/Milk Grits Plums/Milk PM - Banana Bread/Milk	2
3	4 Meatloaf Peas Peaches Noodles/Milk WG Toast Banana/Milk PM - Pretzels/Milk	5 Turkey & Cheese Cucumbers Pears WG Bread/Milk Pancakes Orange/Milk PM - Apples/Milk	6 Beef Tacos Lettuce/Tomatoes Pineapple WG Tortillas/Milk English Muffin Peaches/Milk PM - String Cheese/Milk	7 Sausage Potatoes Applesauce English Muffins/Milk WG Oatmeal Strawberries/Milk PM - Celery/PB/Milk	8 Macaroni & Cheese Green Beans Fruit Cocktail Milk WG French Toast Melon/Milk PM - Yogurt/Milk	9
10	11 X Cheese Pizza Spinach/Tomatoes Peaches Pizza crust/Milk WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	12 Chicken Pot Pie Carrots/Peas Applesauce Crust/Milk Bagel Peaches/Milk PM-Harvest Salsa&WG Chip	13 Baked Fish Cauliflower Mandarin Oranges WG Wild Rice/Milk English Muffin Applesauce/Milk PM - Yogurt/Milk	14 Corned Beef Cabbage Pineapple Roll/Milk WG Pancakes Apple/Milk PM - Pretzels/Milk	15 Grilled Cheese Tomato Soup Pears WG Bread/Milk Waffles Kiwi/Milk PM - Grapes/Milk	16
17	18 Spaghetti w/ Meatballs Salad Fruit Cocktail Milk Pancakes Melon/Milk PM - WG crackers/Milk	19 PB & J w/ Cheese Cubes Carrots Pineapple WG Bread/Milk Kix Peaches/Milk PM - French Toast/Milk	20 Chicken Stir Fry Broccoli Pears WG Brown Rice/Milk Raisin Bread Bananas/Milk PM - Bagel/Milk	21 Beef Stew Carrots Apple Roll/Milk WG Oatmeal Pears/Milk PM - Goldfish/Milk	22 Tuna Noodle Casserole Peas Strawberries Milk WG Toast Grapes/Milk PM - Carrots & Dip/Milk	23
24	25 Quiche Green Beans Applesauce Milk WG Oatmeal Orange/Milk PM -Mini Bagels/Milk	26 Grilled Cheese Tomato Soup Fruit Cocktail WG Bread/Milk English Muffin Bananas/Milk PM - String Cheese/Milk	27 Sloppy Joes Sweet Potato Fries Applesauce WG Bun/Milk Waffles Blueberries/Milk PM - Animal Crackers/Milk	28 Beef Tacos Lettuce/Tomatoes Banana WG Tortillas/Milk Pancakes Strawberries/Milk PM - Yogurt/Milk	29 X Cheese Pizza Muffin Carrots Pears WG English Muffin/Milk Rice Krispies Banana/Milk PM - Grahams/Milk	30