

# March 2020

## 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
<b>1</b>	<b>2</b> Chicken Noodle Soup Carrots/Potatoes Applesauce Milk  WG Waffle Kiwi/Milk PM - French Toast/Milk	<b>3</b> Scrambled Eggs Homefries Oranges WG Wheat Toast/Milk  Bagel Strawberries/Milk PM - Yogurt/Milk	<b>4</b> Beef Lasagna Salad Pineapple Milk  WG Strawberry Pancakes Berries/Milk PM - Animal Crackers/Milk	<b>5</b> Ham Scalloped Potatoes Peaches Roll/Milk  WG Cherrios Apples/Milk PM - Corn Muffin/Milk	<b>6</b> Fish Fillets Corn Cantaloupe WG Brown Rice/Milk  Grits Plums/Milk PM - Raisin Bread/Milk	
<b>8</b>	<b>9</b> Meatloaf Peas Peaches Noodles/Milk  WG Toast Banana/Milk PM - Pretzels/Milk	<b>10</b> Turkey & Cheese Cucumbers Pears WG Bread/Milk  Pancakes Orange/Milk PM - Apples/Milk	<b>11</b> Beef Tacos Lettuce/Tomatoes Pineapple Taco Shell/Milk  WG Cheerios Peaches/Milk PM - String Cheese/Milk	<b>12</b> Sausage Potatoes Applesauce English Muffins/Milk  WG Oatmeal Strawberries/Milk PM - Celery/PB/Milk	<b>13</b> Macaroni & Cheese Green Beans Fruit Cocktail Milk  WG French Toast Melon/Milk PM - Yogurt/Milk	<b>14</b>
<b>15</b>	<b>16</b> Cheese Pizza Broccoli Peaches Milk  WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	<b>17</b> Chicken Pot Pie Carrots/Peas Pineapple Crust/Milk  WG Toast Peaches/Milk PM - Croissants/Milk	<b>18</b> Baked Fish Cauliflower Mandarin Oranges WG Wild Rice/Milk  English Muffin Applesauce/Milk PM - Yogurt/Milk	<b>19</b> Chili w/ Beef Kidney Beans Grapes Saltines/Milk  WG Pancakes Apple/Milk PM - Pretzels/Milk	<b>20</b> Grilled Cheese Tomato Soup Pears WG Bread/Milk  Waffles Kiwi/Milk PM - Grapes/Milk	<b>21</b>
<b>22</b>	<b>23</b> Spaghetti w/ Meatballs Salad Fruit Cocktail Milk  Pancakes Melon/Milk PM - WG crackers/Milk	<b>24</b> PB & J w/ Cheese Cubes Carrots Pineapple WG Bread/Milk  Kix Peaches/Milk PM - French Toast/Milk	<b>25</b> Chicken Stir Fry Broccoli Pears WG Brown Rice/Milk  Raisin Bread Bananas/Milk PM - Bagel/Milk	<b>26</b> Beef Stew Carrots Apple Roll/Milk  WG Oatmeal Pears/Milk PM - Goldfish/Milk	<b>27</b> Tuna Noodle Casserole Peas Strawberries Milk  WG Toast Grapes/Milk PM - Carrots & Dip/Milk	<b>28</b>
<b>29</b>	<b>30</b> Quiche Green Beans Applesauce Milk  WG Oatmeal Orange/Milk PM -Mini Bagels/Milk	<b>31</b> Grilled Cheese Tomato Soup Fruit Cocktail WG Bread/Milk  English Muffin Bananas/Milk PM - String Cheese/Milk				