

March 2020

First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

* Provider Signature: _____

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 AM - Yogurt/Milk Grilled Cheese Carrots Fruit Cocktail WG Bread/Milk ES - Pretzels/Milk	3 AM - Animal Crackers/Milk Chicken Salad Cucumber Grapes Pita Bread/Milk ES - WG Toast/Milk	4 AM - String Cheese/Milk Egg McMuffin Peas Orange WG Muffin/Milk ES - Banana/Milk	5 AM - French Toast/Milk Cheese Pizza Green Beans Strawberries Milk ES - WG Crackers/Milk	6 AM - Rice Cakes/Milk Meatloaf Mashed Potatoes Fruit Cocktail WG Roll/Milk ES - Applesauce/Milk	7
8	9 AM - Pancakes/Milk Sloppy Joes Tater Tots Kiwi Bun/Milk ES - WG Crackers/Milk	10 AM-String Cheese/Milk Baked Chicken Baked Beans Fruit Cocktail Bun/Milk ES - WG Oatmeal/Milk	11 AM - Banana/Milk Spaghetti and Meatballs Salad Pears Milk ES - WG English Muffin/Milk	12 AM - Waffles/Milk Vegetable Beef Soup Corn Orange Saltines/Milk ES - WG Cheerios/Milk	13 AM - Bagel/Milk Egg Salad Cucumbers Peaches Pita Bread/Milk ES - WG Animal Crks/Milk	14
15	16 AM - Crepes/Milk Meatloaf Corn Applesauce WG Roll/Milk ES - Celery/PB/Milk	17 AM - Pancakes/Milk Turkey Breast Mashed Potatoes Fruit Salad Stuffing/Milk ES - WG Goldfish/Milk	18 AM - Carrots/Dip/Milk Grilled Cheese Tomato Soup Pineapple WG Bread/Milk ES - Bagel/Milk	19 AM - Yogurt/Milk Chicken Noodle Soup Carrots Fruit Cocktail WG Crackers/Milk ES - Banana/Milk	20 AM - Rice Cakes/Milk Cheese Quesadillas Corn Plums Milk ES - WG Cherrios/Milk	21
22	23 AM - String Cheese/Milk Chicken Drumsticks Mixed Vegetables Pineapple Roll/Milk ES - WG English Muffin/Milk	24 AM - Apples/Milk Quiche Peas Mandarin Oranges Milk ES - WG Oatmeal/Milk	25 AM - Grits/Milk Ham & Cheese Sandwich Cucumbers Pears Milk ES - Corn Muffin/Milk	26 AM - French Toast/Milk Bean Soup Carrots & Celery Fruit Cocktail WG Crackers/Milk ES - Yogurt/Milk	27 AM - Pancakes/Milk Cheese Pizza Salad Applesauce Milk ES - WG English Muffin/Milk	28
29	30 AM- English Muffin/Milk Turkey and Cheese Carrots Fruit Cocktail WG Bread/Milk ES - Pretzels/Milk	31 AM - Waffles/Milk Ham Lima Beans Apple Roll/Milk ES - WG Oatmeal/Milk				