

March 2021

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
	1 Chicken Noodle Soup Carrots/Potatoes Applesauce Milk WG Waffle Kiwi/Milk PM - French Toast/Milk	2 Scrambled Eggs Home Fries Oranges WG Wheat Toast/Milk Bagel Strawberries/Milk PM - Yogurt/Milk	3 Beef Lasagna Salad Pineapple Milk WG Pancakes Berries/Milk PM - Animal Crackers/Milk	4 Ham Scalloped Potatoes Peaches Roll/Milk WG Cherrios Apples/Milk PM - Corn Muffin/Milk	5 Fish Fillets Corn Cantaloupe WG Brown Rice/Milk Grits Plums/Milk PM - Raisin Bread/Milk	
7	8 Meatloaf Peas Peaches Noodles/Milk WG Toast Banana/Milk PM - Pretzels/Milk	9 Turkey & Cheese Cucumbers Pears WG Bread/Milk Pancakes Orange/Milk PM - Apples/Milk	10 Beef Tacos Lettuce/Tomatoes Pineapple Taco Shell/Milk WG Cheerios Peaches/Milk PM - String Cheese/Milk	11 Sausage Potatoes Applesauce English Muffins/Milk WG Oatmeal Strawberries/Milk PM - Celery/PB/Milk	12 Macaroni & Cheese Green Beans Fruit Cocktail Milk WG French Toast Melon/Milk PM - Yogurt/Milk	13
14	15 Chicken Flatbread Pizza Spinach/Tomatoes Peaches Milk WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	16 Chicken Pot Pie Carrots/Peas Pineapple Crust/Milk WG Toast Peaches/Milk PM - Croissants/Milk	17 Baked Fish Cauliflower Mandarin Oranges WG Wild Rice/Milk English Muffin Applesauce/Milk PM - Yogurt/Milk	18 Chili w/ Beef Kidney Beans Grapes Saltines/Milk WG Pancakes Apple/Milk PM - Pretzels/Milk	19 Grilled Cheese Tomato Soup Pears WG Bread/Milk Waffles Kiwi/Milk PM - Grapes/Milk	20
21	22 Spaghetti w/ Meatballs Salad Fruit Cocktail Milk Pancakes Melon/Milk PM - WG crackers/Milk	23 PB & J w/ Cheese Cubes Carrots Pineapple WG Bread/Milk Kix Peaches/Milk PM - French Toast/Milk	24 Chicken Stir Fry Broccoli Pears WG Brown Rice/Milk Raisin Bread Bananas/Milk PM - Bagel/Milk	25 Beef Stew Carrots Apple Roll/Milk WG Oatmeal Pears/Milk PM - Goldfish/Milk	26 Tuna Noodle Casserole Peas Strawberries Milk WG Toast Grapes/Milk PM - Carrots & Dip/Milk	27
28	29 Quiche Green Beans Applesauce Milk WG Oatmeal Orange/Milk PM -Mini Bagels/Milk	30 Grilled Cheese Tomato Soup Fruit Cocktail WG Bread/Milk English Muffin Bananas/Milk PM - String Cheese/Milk	31 Sloppy Joes Sweet Potato Fries Applesauce WG Bun/Milk Waffles Blueberries/Milk PM - Animal Crackers/Milk			