

# March 2021

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