


March 2023

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