

March 2023

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