



May 2020

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
31					1 Macaroni and Cheese Peas Pears Milk WG English Muffins Strawberries/Milk PM - Bagels/Milk	2
3	4 Beef Tacos Lettuce/tomato Fruit Cocktail Milk Pancakes Peaches/Milk PM - WG Crackers/Milk	5 Spaghetti & Meatballs Salad Pineapple Milk WG Cherrios Bananas/Milk PM - Oranges/Milk	6 Chicken Tenders Green Beans Fruit Cocktail Macaroni Salad/Milk WG Waffles Watermelon/Milk PM-Yogurt/Milk	7 Pork Roast Mashed Potatoes Apples Biscuit/Milk WG English Muffins Grapes/Milk PM - Bananas/Milk	8 Egg Salad Cucumbers Pineapple WG Bread/Milk Kix Apples/Milk PM - Peaches/Milk	9
10	11 Hamburger Carrots/Dip Fruit Cocktail Bun/Milk WG Waffles Cuties/Milk PM - Strawberries/Milk	12 Chicken Drumsticks Scalloped Potatoes Applesauce WG Roll/Milk Cinnamon Toast Bananas/Milk PM - Yogurt/Milk	13 Turkey Breast Green Beans Sweet Potatoes WG Brown Rice/Milk Cherrios Grapes/Milk PM - Goldfish/Milk	14 Grilled Cheese Tomato Soup Strawberries WG Bread/Milk Bagels Apples/Milk PM -Rice Cakes/PB/Milk	15 Ham Sandwich Cucumbers Fruit Salad WG Bread/Milk French Toast Peaches/Milk PM -String Cheese/Milk	16
17	18 Lasagna w/Beef Salad Pears Milk WG Cherrios Strawberries/Milk PM-Fruit Smoothie/Milk	19 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Wheat Toast Grapes/Milk PM -Croissants/Milk	20 Cheese Pizza Green Beans Fruit Cocktail Milk WG Oatmeal Blueberries/Milk PM - Fruit Salad/Milk	21 Tuna Noodle Peas Watermelon Milk WG Total Cuties/Milk PM - Celery/PB/Milk	22 PB & J Sandwich String Cheese Carrots Apple/Milk WG Waffles Bananas/Milk PM - Watermelon/Milk	23
24	25 	26 Cheese Pizza Green Beans Peaches Milk WG French Toast Strawberries/Milk PM - Nectarines/Milk	27 Baked Chicken Peas Watermelon WG Brown Rice/Milk Pancakes Peaches/Milk PM - Pretzels/Milk	28 Scrambled Eggs Lima Beans Mandarin Oranges WG Toast/Milk English Muffin Pears/Milk PM - Graham Crackers/Milk	29 Beef Ravioli/String Cheese Brussel Sprouts Pears Milk WG Cherrios Banana/Milk PM - Goldfish/Milk	30