



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