


## February 2024

### First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/whole milk served to children age 1    WG=whole grain

\* Provider Signature: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat					
				AM - Fruit Salad/Milk Grilled Cheese Cucumbers Tomato Soup WG Wheat Bread/Milk ES - String Cheese/Milk	AM - Bagel/Milk Cheese Pizza Muffin Green Beans Pears WG English Muffin/Milk ES - Graham Crackers/Milk						
4	AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Yogurt/Milk	5	AM - Mini-Bagels/Milk Chicken Penne Broccoli Pineapple WG Penne/Milk ES - Yogurt/Milk	6	AM-Cuties/Milk Hot Dogs Tater Tots Kiwi Bun/Milk ES -WG Crackers/Milk	7	AM - Yogurt/Milk Chili w/Meat Red Beans Fruit Salad Corn Muffin/Milk ES - WG Toast/Milk	8	AM - Oatmeal/Milk Macaroni & Cheese Stewed Tomatoes Grapes Milk WG Cinn Toast/Milk	9	10
11	AM - Cuties/Milk Sausage Hash Browns Mandarins WG Pancakes/Milk ES - Bananas/Milk	12	AM - Apples/Milk PB & J w/Yogurt Cucumbers Pineapple WG Bread /Milk ES - Celery & PB/Milk	13	AM - Yogurt /Milk Baked Chicken Broccoli Fruit Salad WG Brown Rice/Milk ES - Goldfish/Milk	14	AM -Waffles/Milk Chicken Rice Soup Carrots Pears WG Wild Rice/Milk ES - Cuties/Milk	15	AM - Applesauce/Milk Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk ES - WG Cherrios/Milk	16	17
18	AM - Fruit Cup/Milk Sloppy Joes French Fries Peaches Bun/Milk ES - WG Oatmeal/Milk	19	AM - French Toast /Milk Beef Stew Carrots/Potatoes Applesauce WG Barley/Milk ES -Berry Kiwi Pops/Milk	20	AM - Yogurt/Milk Egg Salad Cucumbers Apples Pita Bread/Milk ES - WG Crackers/Milk	21	AM -Pancakes/Milk Meatloaf Green Beans Pears WG Rice/Milk ES - Orange/Milk	22	AM - Pears/Milk Baked Egg Rolls w/Turkey and Cabbage Fruit Cocktail Wonton wrappers/Milk ES -Cherrios/Milk	23	24
25	AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Cinn Toast/Milk	26	AM - Yogurt/Milk Beef Strips Carrots and Broccoli Mandarin Oranges WG Fried Rice/Milk ES - Animal Crackers/Milk	27	AM - Corn Muffin/Milk Hamburger French Fries Peaches WG Bun/Milk ES - Pretzels/Milk	28	AM - Fruit Cocktail/Milk Cheese Pizza Green Beans Pears Milk ES - WG Cherrios/Milk	29			