


January 2024

First Step to Nutrition

Breakfast, Lunch & Snack - 1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	<p>Happy New Year!</p> 	<p>1</p> <p>Ham and Cheese Roll-Up Cucumbers Fruit Salad WG Tortilla/Milk</p> <p>2</p> <p>Bagel Blueberries/Milk PM - Pretzels/Milk</p>	<p>3</p> <p>Beef Chili Kidney Beans Apple WG Crackers/Milk</p> <p>English Muffins Peaches/Milk PM - String Cheese/Milk</p>	<p>4</p> <p>Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk</p> <p>Pancakes Pears/Milk PM - Grahams/Milk</p>	<p>5</p> <p>Grilled Cheese Tomato Soup Green Beans WG Wheat Bread/Milk</p> <p>Cherrios Banana/Milk PM - PB Rice Cake/Milk</p>	6
7	<p>8</p> <p>Sloppy Joes Broccoli Grapes Bun/Milk</p> <p>WG Toast Applesauce/Milk PM - Animal Crackers/Milk</p>	<p>9</p> <p>Grilled Ham & Cheese Carrots Pears WG Bread/Milk</p> <p>Bagel Mandarins/Milk PM - Pretzels/Milk</p>	<p>10</p> <p>Breakfast Sausage Links Baked Pancakes w/Pears Carrots WG Pancakes/Milk</p> <p>Kix Fruit Cocktail/Milk PM - Yogurt/Milk</p>	<p>11</p> <p>Baked Chicken Green Beans Applesauce WG Rice/Milk</p> <p>Cream of Wheat Apple/Milk PM - Animal Crackers/Milk</p>	<p>12</p> <p>Cheese Quesidilla Cucumbers Pears WG Tortillas/Milk</p> <p>Pancakes Bananas/Milk PM - String Cheese/Milk</p>	13
14	<p>15</p> <p>Turkey & Cheese Sandwich French Fries Peaches WG Bread/Milk</p> <p>Cheerios Bananas/Milk PM - Baked Apples/Milk</p>	<p>16</p> <p>Baked Ham Scalloped Potatoes Applesauce Roll/Milk</p> <p>WG Waffles Kiwi/Milk PM - Grahams/Milk</p>	<p>17</p> <p>Chicken Tenders Corn Pineapple WG Wild Rice/Milk</p> <p>Raisin Toast Pears/Milk PM - English Muffins/Milk</p>	<p>18</p> <p>PB & J Sandwich/cheese Carrots Pears WG Bread/Milk</p> <p>Oatmeal Plums/Milk PM - String Cheese/Milk</p>	<p>19</p> <p>Macaroni & Cheese Broccoli Pineapple Milk</p> <p>WG Toast Applesauce/Milk PM Fruit Salad/Milk</p>	20
21	<p>22</p> <p>Meatloaf Mashed Potatoes Apples Roll/Milk</p> <p>Waffles Orange/Milk PM - WG Crackers/Milk</p>	<p>23</p> <p>Hot Dogs Baked Beans Coleslaw Bun/Milk</p> <p>WG French Toast Peaches/Milk PM - Yogurt/Milk</p>	<p>24</p> <p>English Muffin Pizza/cheese Lima Beans Fruit Cocktail WG English Muffin/Milk</p> <p>Kix Apples/Milk PM - Cinn Toast/Milk</p>	<p>25</p> <p>Cheeseburger Green Beans Pineapple Bun/Milk</p> <p>WG Cherrios Bananas/Milk PM - Animal Crackers/Milk</p>	<p>26</p> <p>Fish Fillets Mixed Vegetables Applesauce Fish Crackers/Milk</p> <p>WG Oatmeal Pears/Milk PM - String Cheese/Milk</p>	27
28	<p>29</p> <p>Baked Chicken Green Beans Peaches Stuffing/Milk</p> <p>WG French Toast Fruit Cocktail/Milk PM - Celery/PB/Milk</p>	<p>30</p> <p>Spaghetti and Meatballs Salad Pears WG Spaghetti/Milk</p> <p>Rice Kripsies Banana/Milk PM - Yogurt/Milk</p>	<p>31</p> <p>Porcupine Turkey Sliders French Fries Pineapple WG Rolls/Milk</p> <p>Waffles Strawberries/Milk PM - Pretzels/Milk</p>			