



May 2024

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
			1 Baked Chicken Peas Watermelon WG Brown Rice/Milk Waffles Strawberries/Milk PM - String Cheese/Milk	2 X Cheese Pizza Green Beans Pears Milk WG Cinnamon Toast Applesauce/Milk PM - Graham Crackers/Milk	3 Ham and Cheese Fresh Carrot Salad Strawberries WG Wheat Bread/Milk Kix Banana/Milk PM - Apples/Milk	4
5	6 Beef Tacos Lettuce/tomato Fruit Cocktail WG Tortilla/Milk Pancakes Peaches/Milk Smoothie Bowl/Milk	7 Spaghetti & Meatballs Salad Pineapple Milk WG Cherrios Bananas/Milk PM - Oranges/Milk	8 Chicken Tenders Green Beans Fruit Cocktail Macaroni Salad/Milk WG Waffles Watermelon/Milk PM-Yogurt/Milk	9 Pork Roast Mashed Potatoes Apples Biscuit/Milk WG English Muffins Grapes/Milk PM - Bananas/Milk	10 Turley Avocado Pinwheels Avocado/cucumber Pineapple WG Tortillas/Milk Kix Apples/Milk PM - Peaches/Milk	11
12	13 Hamburger Carrots/Dip Fruit Cocktail Bun/Milk WG Waffles Cuties/Milk PM - Strawberries/Milk	14 Chicken Drumsticks Scalloped Potatoes Applesauce WG Roll/Milk Cinnamon Toast Bananas/Milk PM - Yogurt/Milk	15 Turkey Breast Green Beans Sweet Potatoes WG Brown Rice/Milk Cherrios Banana/Milk PM - Fish Crackers/Milk	16 Grilled Cheese Tomato Soup Strawberries WG Bread/Milk Bagels Apples/Milk PM -Rice Cakes/PB/Milk	17 Ham Sandwich Cucumbers Fruit Salad WG Bread/Milk French Toast Peaches/Milk PM -String Cheese/Milk	18
19	20 Lasagna w/Beef Salad Pears Milk WG Cherrios Strawberries/Milk PM-Fruit Smoothie/Milk	21 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk Wheat Toast Grapes/Milk PM -Croissants/Milk	22 X Cheese Pizza Green Beans Fruit Cocktail Milk WG Oatmeal Blueberries/Milk PM - Fruit Salad/Milk	23 Tuna Noodle Peas Watermelon Milk WG Total Cuties/Milk PM - Celery/PB/Milk	24 PB & J Sandwich Cheese Cubes Carrots Apple/Milk WG Waffles Bananas/Milk PM - Watermelon/Milk	25
26	27  Memorial Day	28 Cheese Quesadilla w/spinach Peaches WG Tortilla/Milk Rice Krispies Banana/Milk PM - Yogurt/Milk	29 WG Spaghetti & Meatballs Salad Peaches Milk Bagels Strawberries/Milk PM - Fruit Cup/Milk	30 Grilled Cheese Vegetable Soup Strawberries WG Bread/Milk Pancakes Peaches/Milk PM - Grahams/Milk	31 Ham Slice Home Fried Potatoes Applesauce Biscuit/Milk WG Cheerios Pears/Milk PM - Animal Crackers/Milk	