


# January 2025

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