

January 2025

First Step To Nutrition

Snacks and Dinner -1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			 HAPPY NEW YEAR	1 2 AM - Fruit Salad/Milk Beef Tacos Lettuce/Tomato Grapes WG Tortillas/Milk ES - String Cheese/Milk	3 AM - Mini Bagel/Milk English Muffin Pizza w/cheese Lima Beans Pears WG English Muffin/Milk ES - Pretzels/Milk	
5	6 AM - Rice Cakes/Milk Chicken Breast Green Beans Peaches WG Brown Rice/Milk ES - Baked Apples/Milk	7 AM - String Cheese/Milk Fish Tenders Lima Beans Applesauce WG Fish Crackers/Milk ES - Banana/Milk	8 AM- Toast/Milk Broc Chic Quesadillas Corn Pineapple WG Tortillas/Milk ES - WG Oatmeal/Milk	9 AM - Croissants/Milk WG Spaghetti w/Meatballs Salad Peaches/Milk ES - Rice Cakes/Milk	10 AM - Corn muffin/Milk Chicken Salad Peas Grapes Roll/Milk ES - WG Cherrios/Milk	11
12	13 AM -Applesauce/Milk Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk ES- WG Oatmeal/Milk	14 AM - Yogurt/Milk PB & J w/ Yogurt Carrots Orange WG Bread/Milk ES - Fruit Salad/Milk	15 AM - Graham Crackers/Milk Baked Chicken Green Beans Carrots Applesauce Stuffing/Milk ES - Yogurt/Milk	16 AM - Celery & PB/Milk Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk ES- Cream of Wheat/Milk	17 AM - Soft Pretzel/Milk Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk ES - WG Cinnamon Toast/Milk	18
19	20 AM - Applesauce/Milk Ham and Cheese rollup Cucumbers Peaches Tortilla/Milk ES -WG muffin/Milk	21 AM - Nectarines/Milk Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk ES-Crackers & Cheese/Milk	22 AM - Applesauce/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk	23 AM - GrahamCrackers/Milk English Muffin Pizza w/cheese and Peppers Pears WG English Muffin/Milk ES - Pretzels/Milk	24 AM - Crepes/Milk Cheese Ravioli Salad Kiwi Milk ES - WG Goldfish/Milk	25
26	27 AM - Rice Cakes/Milk Chicken Tenders Cauliflower Apple WG Wild Rice/Milk ES - Pretzels/Milk	28 AM - Bagel/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES - String Cheese/Milk	29 AM - Yogurt/Milk Scrambled Eggs Peas Oranges WG Toast/Milk ES - Animal Crackers/Milk	30 AM - Fruit Cocktail/Milk WG Macaroni and Cheese Broccoli Peaches Milk ES - Grahams/Milk	31 AM - Cinnamon Toast/Milk Sausage Links Peas Pears WG Pancakes/Milk ES - Baked Apples/Milk	