

March 2025

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
2	3	4	5	6	7	8
	Beef with Sofrito Cucumber Salad Peaches WG Rice/Milk Rice Krispies Banana/Milk PM - Fruit Cocktail/Milk	Grilled Cheese Tomato Soup Kiwi WG Bread/Milk Bagel Strawberries/Milk PM - Banana Oat Sq/Milk	Cheese Ravioli Salad Fruit Salad WG Roll/Milk Crumpets Blueberries/Milk PM - Pretzels/Milk	Baked Chicken Green Beans Mashed potatoes Biscuit/Milk WG Waffles Pears PM - Yogurt/Milk	Bean Soup Carrot Sticks Applesauce WG crackers/Milk Grits Plums/Milk PM - Banana Bread/Milk	
9	10	11	12	13	14	15
	Meatloaf Peas Peaches Noodles/Milk WG Toast Banana/Milk PM - Pretzels/Milk	Turkey & Cheese Cucumbers Pears WG Bread/Milk Pancakes Orange/Milk PM - Apples/Milk	Beef Tacos Lettuce/Tomatoes Pineapple WG Tortillas/Milk English Muffin Peaches/Milk PM - String Cheese/Milk	Sausage Potatoes Applesauce English Muffins/Milk WG Oatmeal Strawberries/Milk PM - Celery/PB/Milk	Macaroni & Cheese Green Beans Fruit Cocktail Milk WG French Toast Melon/Milk PM - Yogurt/Milk	
16	17	18	19	20	21	22
	Corned Beef Cabbage Pineapple Roll/Milk WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	Chicken Pot Pie Carrots/Peas Applesauce Crust/Milk Bagel Peaches/Milk PM- Graham Crackers/Milk	Baked Fish Cauliflower Mandarin Oranges WG Wild Rice/Milk English Muffin Applesauce/Milk PM - Yogurt/Milk	X Cheese Pizza Tomatoes and Spinach Pineapple Crust/Milk WG Pancakes Apple/Milk PM - Pretzels/Milk	Grilled Cheese Tomato Soup Pears WG Bread/Milk Waffles Kiwi/Milk PM - Grapes/Milk	
23	24	25	26	27	28	29
	Spaghetti w/ Meatballs Salad Fruit Cocktail Milk Pancakes Melon/Milk PM - WG crackers/Milk	PB & J w/ Cheese Cubes Carrots Pineapple WG Bread/Milk Kix Peaches/Milk PM - French Toast/Milk	Chicken Stir Fry Broccoli Pears WG Brown Rice/Milk Raisin Bread Bananas/Milk PM - Bagel/Milk	Beef Stew Carrots Apple Roll/Milk WG Oatmeal Pears/Milk PM - Goldfish/Milk	Tuna Noodle Casserole Peas Strawberries Milk WG Toast Grapes/Milk PM - Carrots & Dip/Milk	
30	31					1
	Quiche Green Beans Applesauce Milk WG Cinn Toast Orange/Milk PM - Mini Bagels/Milk					