


January 2026

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.
				Happy New Year! 	Grilled Cheese Tomato Soup Green Beans WG Wheat Bread/Milk Cherrios Banana/Milk PM - PB Rice Cake/Milk	
4	Sloppy Joes Broccoli Grapes Bun/Milk WG Toast Applesauce/Milk PM - Animal Crackers/Milk	Grilled Ham & Cheese Carrots Pears WG Bread/Milk Bagel Mandarins/Milk PM - Pretzels/Milk	Breakfast Sausage Links Carrots Pears WG Pancakes/Milk Kix Fruit Cocktail/Milk PM - Yogurt/Milk	Baked Chicken Green Beans Applesauce WG Rice/Milk Cream of Wheat Apple/Milk PM - Animal Crackers/Milk	Cheese Quesidilla Cucumbers Pears WG Tortillas/Milk Pancakes Bananas/Milk PM - String Cheese/Milk	10
11	Turkey & Cheese Sandwich French Fries Peaches WG Bread/Milk Cheerios Bananas/Milk PM - Baked Apples/Milk	Baked Ham Scalloped Potatoes Applesauce Roll/Milk WG Waffles Kiwi/Milk PM - Grahams/Milk	Chicken Tenders Cheesy Broccoli Tots Pineapple WG Wild Rice/Milk Raisin Toast Pears/Milk PM - English Muffins/Milk	PB & J Sandwich/cheese Carrots Pears WG Bread/Milk Oatmeal Plums/Milk PM - String Cheese/Milk	WG Macaroni & Cheese Broccoli Pineapple Milk Cinnamon Toast Applesauce/Milk PM Fruit Salad/Milk	17
18	Meatloaf Mashed Potatoes Apples Roll/Milk Waffles Orange/Milk PM - WG Crackers/Milk	Hot Dogs Baked Beans Coleslaw Bun/Milk WG French Toast Peaches/Milk PM - Yogurt/Milk	English Muffin Pizza/cheese Lima Beans Fruit Cocktail WG English Muffin/Milk Kix Apples/Milk PM - Cinn Toast/Milk	Cheeseburger Green Beans Pineapple Bun/Milk WG Cherrios Bananas/Milk PM - Animal Crackers/Milk	Fish Fillets Mixed Vegetables Applesauce Fish Crackers/Milk WG Oatmeal Pears/Milk PM - String Cheese/Milk	24
25	Baked Chicken Green Beans Peaches Stuffing/Milk WG French Toast Fruit Cocktail/Milk PM - Celery/PB/Milk	Spaghetti and Meatballs Salad Pears WG Spaghetti/Milk Rice Kripsies Banana/Milk PM - Yogurt/Milk	Pizza Soup w/ ground beef Pineapple WG Wheat Roll/Milk Waffles Strawberries/Milk PM - Pretzels/Milk	Pork Roast Mashed Potatoes Fruit Salad WG Roll/Milk Bagel Mandarins/Milk PM - String Cheese/Milk	Beef Chili Kidney Beans Apple Crackers/Milk Oatmeal Blueberries/Milk PM - WG Orange Cran Bread/Milk	31