

March 2026

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	2	3	4	5	6	7
	Beef Stew Carrots/Potatoes Peaches WG Roll/Milk Rice Krispies Banana/Milk PM - Fruit Cocktail/Milk	Grilled Cheese Tomato Soup Kiwi WG Bread/Milk Bagel Strawberries/Milk PM - Pretzels/Milk	Cheese Ravioli Salad Fruit Salad WG Roll/Milk Pancakes Blueberries/Milk PM - Animal Crackers/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	
8	9	10	11	12	13	14
	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	
15	16	17	18	19	20	21
	Chicken Pot Pie Carrots/Peas Pineapple Pie Crust/Milk WG Cheerios Bananas/Milk PM - Fruit Salad/Milk	Corned Beef Cabbage Applesauce Roll/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	
22	23	24	25	26	27	28
	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	
29	30	31				
	Quiche Green Beans Applesauce Milk WG Cinn Toast Orange/Milk PM - Mini Bagels/Milk	Sloppy Joes Sweet Potato Tots Fruit Cocktail Bun/Milk WG Berry Quinoa Bake Blueberries/Milk PM - Animal Crackers/Milk				