

April 2026

First Step to Nutrition

AM Snack, Dinner & Eve Snack - 1% Milk/whole milk served to children age 1 WG = whole grain

\* Provider Signature: \_\_\_\_\_

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 AM - WG Muffin/Milk  Fish Fillets Corn Peaches Hush Puppies/Milk  ES - Pretzels/Milk	2 AM - WG French Toast/Milk  Baked Chicken Sweet Potato Hash Apples Roll/Milk  ES - Yogurt/Milk	3 AM - Watermelon/Milk  Quiche Spinach Fruit Cocktail Pie Crust/Milk  ES - WG Oatmeal/Milk	4
5	6 AM - Banana/Milk  Ham & Cheese Rollup Vegetable Soup Fruit Cocktail Soft Tortilla/Milk  ES - WG Crackers/Milk	7 AM - String Cheese/Milk  Hamburger Potato Salad Cantaloupe Bun/Milk  ES - WG Toast/Milk	8 AM - Vegy and Dip/Milk  Grilled Cheese Tomato Soup Pineapple WG Bread/Milk  ES - Goldfish/Milk	9 AM - Yogurt/Milk  Spaghetti w/ Meatballs Salad Applesauce Milk  ES - WG Crackers/Milk	10 AM - Pineapple/Milk  Pork Loin Green Beans Kiwi WG Brown Rice/Milk  ES - Cream of Wheat/Milk	11
12	13 AM - Mini Bagels/Milk  Chicken Soup Carrots Peaches WG Wild Rice/Milk  ES - Breadsticks/Milk	14 AM - French Toast/Milk  Cheese Manicotti Green Beans Pears Milk  ES - WG Crackers/Milk	15 AM - Corn Muffin/Milk  Turkey Sandwich Tator Tots Applesauce WG Bread/Milk  ES - Oatmeal/Milk	16 AM - Carrots/Milk  Sloppy Joe Sweet Potato Fries Mixed Vegetables Bun/Milk  ES - WG Cherrios/Milk	17 AM - Bran Muffin/Milk  PB & J/String Cheese Celery sticks Pineapple WG Bread/Milk  ES - Rice Cakes/PB/Milk	18
19	20 AM - Bananas/Milk  Macaroni & Cheese Stewed Tomatoes Applesauce Milk  ES - WG Cherrios/Milk	21 AM - Fruit Cup/Milk  Cheese Pizza Muffins Carrots Pineapple WG English Muffin/Milk  ES - Oatmeal/Milk	22 AM - Grahams/Milk  Meatball Sub Salad Strawberries WG Roll/Milk  ES - Yogurt/Milk	23 AM - Oatmeal/Milk  Meatloaf Mashed Potatoes Fruit Cocktail Roll/Milk  ES - WG Goldfish/Milk	24 AM-Owl E. Muffin/Milk  Egg Salad Pickles Peaches WG Bread/Milk  ES - Applesauce/Milk	25
26	27 AM - Watermelon/Milk  Baked Ham Sweet Potatoes Fruit Cocktail Biscuit/Milk  ES - WG Toast/Milk	28 AM - Yogurt/Milk  Cheese Quesadillas Black Beans Applesauce WG Tortillas/Milk  ES - Animal Crackers/Milk	29 AM - String Cheese/Milk  Baked Chicken Peas Peaches WG Brown Rice/Milk  ES - Yogurt/Milk	30 AM- Croissants/Milk  Pork Chops Green Beans Applesauce WG Roll/Milk  ES - Pretzels/Milk		