



May 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
31 					1 Ham and Cheese Carrots Fruit Cocktail WG Wheat Bread/Milk  Kix Banana/Milk PM - Apples/Milk	2
3 Beef Tacos Lettuce/tomato Applesauce WG Tortilla/Milk  Pancakes Peaches/Milk Banana Bread/Milk	4 Spaghetti & Meatballs Salad Pineapple Milk  WG Cherrios Bananas/Milk PM - Oranges/Milk	5 Chicken Tenders Green Beans Fruit Cocktail Macaroni Salad/Milk  WG Waffles Watermelon/Milk PM-Yogurt/Milk	6 Pork Roast Mashed Potatoes Apples Biscuit/Milk  WG English Muffins Grapes/Milk PM - Bananas/Milk	7 Spinach Cheddar Quiche Spinach Pineapple Pie Crust/Milk  WG Oatmeal Apples/Milk PM - Peaches/Milk	8	9
10 Hamburger Carrots/Dip Fruit Cocktail Bun/Milk  WG Waffles Cuties/Milk PM - Strawberries/Milk	11 Chicken Drumsticks Scalloped Potatoes Applesauce WG Roll/Milk  Cinnamon Toast Bananas/Milk PM - Yogurt/Milk	12 Turkey Breast Green Beans Sweet Potatoes WG Brown Rice/Milk  Cherrios Banana/Milk PM - Fish Crackers/Milk	13 Grilled Cheese Tomato Soup Strawberries WG Bread/Milk  Bagels Apples/Milk PM -Rice Cakes/PB/Milk	14 Ham Sandwich Cucumbers Fruit Salad WG Bread/Milk  French Toast Peaches/Milk PM -String Cheese/Milk	15	16
17 Lasagna w/Beef Salad Pears Milk  WG Cherrios Strawberries/Milk PM-Fruit Smoothie/Milk	18 Chicken Stir Fry Mixed Vegetables Kiwi WG Brown Rice/Milk  Wheat Toast Grapes/Milk PM -Croissants/Milk	19 X Cheese Pizza Green Beans Fruit Cocktail Milk  WG Oatmeal Blueberries/Milk PM - Fruit Salad/Milk	20 Tuna Noodle Peas Watermelon Milk  WG Total Cuties/Milk PM - Celery/PB/Milk	21 PB & J Sandwich Cheese Cubes Carrots Apple/Milk  WG Waffles Bananas/Milk PM - Watermelon/Milk	22	23
24 	25 Cheese Quesadilla w/spinach Peaches WG Tortilla/Milk  Rice Krispies Banana/Milk PM - Yogurt/Milk	26 WG Spaghetti & Meatballs Salad Peaches Milk  Bagels Strawberries/Milk PM - Fruit Cup/Milk	27 Grilled Cheese Vegetable Soup Strawberries WG Bread/Milk  Pancakes Peaches/Milk PM - Grahams/Milk	28 Ham Slice Home Fried Potatoes Applesauce Biscuit/Milk  WG Cheerios Pears/Milk PM - Animal Crackers/Milk	29	30