

January 2026

First Step To Nutrition

Snacks and Dinner - 1% Milk/whole milk served to children age 1 WG=whole grain

* Provider Signature: _____

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 AM - Mini Bagel/Milk English Muffin Pizza w/cheese Lima Beans Pears WG English Muffin/Milk ES - Pretzels/Milk	2 3
4 AM - Rice Cakes/Milk Chicken Breast Cheesy Broccoli Tots Peaches WG Brown Rice/Milk ES - Baked Apples/Milk	5 AM - String Cheese/Milk Fish Tenders Lima Beans Applesauce WG Fish Crackers/Milk ES - Banana/Milk	6 AM- Toast/Milk Pizza Soup w/ Ground Beef Pineapple WG Rolls/Milk ES - WG Oatmeal/Milk	7 AM - Croissants/Milk Beef Tacos Lettuce/Tomatoes Fruit Cocktail WG Tortillas/Milk ES - WG Oatmeal/Milk	8 AM - Croissants/Milk Beef Tacos Lettuce/Tomatoes Fruit Cocktail WG Tortillas/Milk ES - Rice Cakes/Milk	9 AM - Corn muffin/Milk Chicken Salad Peas Grapes Roll/Milk ES - WG Cherrios/Milk	10
11 AM -Applesauce/Milk Chili w/ Beef Red Beans Fruit Salad Corn Bread/Milk ES- WG Oatmeal/Milk	12 AM - Yogurt/Milk PB & J w/ Yogurt Carrots Orange WG Bread/Milk ES - Fruit Salad/Milk	13 AM - Graham Crackers/Milk Baked Chicken Green Beans Applesauce Stuffing/Milk ES - Yogurt/Milk	14 AM - Graham Crackers/Milk Baked Chicken Green Beans Applesauce Stuffing/Milk ES - Yogurt/Milk	15 AM - Celery & PB/Milk Beef Stew Carrots & Potatoes Kiwi WG Crackers/Milk ES- Cream of Wheat/Milk	16 AM - Soft Pretzel/Milk Sloppy Joes Sweet Potatoe Fries Pineapple Bun/Milk ES - WG Cinnamon Toast/Milk	17
18 AM - Applesauce/Milk Ham and Cheese rollup Cucumbers Peaches WG Tortilla/Milk ES -String Cheese/Milk	19 AM - Nectarines/Milk Chicken Soup Celery & Carrots Applesauce WG Noodles/Milk ES-Crackers & Cheese/Milk	20 AM - Applesauce/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk	21 AM - Applesauce/Milk Egg Salad Tator Tots Mandarins WG Pita Bread/Milk ES - French Toast/Milk	22 AM - Graham Crackers/Milk English Muffin Pizza w/cheese and Peppers Pears WG English Muffin/Milk ES - Pretzels/Milk	23 AM - Crepes/Milk Cheese Ravioli Salad Kiwi Milk ES - WG Goldfish/Milk	24
25 AM - Rice Cakes/Milk Chicken Tenders Cauliflower Apple WG Wild Rice/Milk ES - Pretzels/Milk	26 AM - Bagel/Milk Beef Stir Fry Broccoli Pineapple WG Brown Rice/Milk ES - String Cheese/Milk	27 AM - Yogurt/Milk Scrambled Eggs Peas Oranges WG Toast/Milk ES - Animal Crackers/Milk	28 AM - Yogurt/Milk Scrambled Eggs Peas Oranges WG Toast/Milk ES - Animal Crackers/Milk	29 AM - Fruit Cocktail/Milk WG Macaroni and Cheese Broccoli Peaches Milk ES - Grahams/Milk	30 AM - Cinnamon Toast/Milk Sausage Links Peas Pears WG Pancakes/Milk ES - Baked Apples/Milk	31