

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