February 2026

First Step to Nutrition

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

* Provider Signature: _____

Please Be Mine

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2 AM - Rice Cakes/PB/Milk Vegetable Beef Soup Corn Peaches WG Barley/Milk ES - Mango Smoothie/Milk	**3** AM - Mini-Bagels/Milk Chicken Penne Broccoli Pineapple WG Penne/Milk ES - Yogurt/Milk	**4** AM-Cuties/Milk Hot Dogs Tater Tots Kiwi Bun/Milk ES -WG Crackers/Milk	**5** AM - Yogurt/Milk Chili w/Meat Red Beans Fruit Salad Corn Muffin/Milk ES - WG Toast/Milk	**6** AM - Roasted Chickpeas/Milk Macaroni & Cheese Stewed Tomatoes Grapes Milk WG Cinn Toast/Milk	**7**
9 AM - Cuties/Milk Sausage Hash Browns Mandarins WG Pancakes/Milk ES - Bananas/Milk	**10** AM - Apples/Milk PB & J w/Yogurt Cucumbers Pineapple WG Bread /Milk ES - Celery & PB/Milk	**11** AM - Mango Smoothie /Milk Baked Chicken Broccoli Fruit Salad WG Brown Rice/Milk ES - Goldfish/Milk	**12** AM -Waffles/Milk Chicken Rice Soup Carrots Pears WG Wild Rice/Milk ES - Cuties/Milk	**13** AM - Applesauce/Milk Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk ES - WG Cherrios/Milk	**14**
16 AM - Fruit Cup/Milk Sloppy Joes French Fries Peaches Bun/Milk ES - WG Oatmeal/Milk	**17** AM - French Toast /Milk Beef Stew Carrots/Potatoes Applesauce WG Barley/Milk ES -String Cheese/Milk	**18** AM - Yogurt/Milk Egg Salad Cucumbers Apples Pita Bread/Milk ES - WG Crackers/Milk	**19** AM -Pancakes/Milk Meatloaf Green Beans Pears WG Rice/Milk ES - Orange/Milk	**20** AM - Pears/Milk Egg Quiche w/Broccoli Fruit Cocktail Pie Crust/Milk ES -Cherrios/Milk	**21**
23 AM - Grapes/Milk Chicken Tenders Corn Applesauce Roll/Milk ES - WG Cinn Toast/Milk	**24** AM - Yogurt/Milk Grilled Cheese Tomato Soup Mandarin Oranges WG Bread/Milk ES - Animal Crackers/Milk	**25** AM - Corn Muffin/MIlk Beef Ravioli w/cheese Salad Pineapple WG Bread/Milk ES - Pretzels/Milk	**26** AM - Fruit Cocktail/Milk X Cheese Pizza Green Beans Pears Milk ES - WG Cherrios/Milk	**27** AM - WG Bagel/Milk Hamburger French Fries Peaches WG Bun/Milk ES - Yogurt/Milk	**28**

Note: Column 1 (Monday) header row dates: 1, 8, 15, 22