




# December 2017

## First Step to Nutrition

Breakfast, Lunch & PM Snack - Meals include 1% Lowfat Milk WG = whole grain

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31 					1 Grilled Cheese Tomato Soup Banana WG Wheat Bread/Milk  English Muffins Applesauce/Milk PM - String Cheese/Milk	2
3	4 Homemade Turkey Soup Carrots Peaches WG Wild Rice/Milk  Waffles Bananas/Milk PM - Baked Apples/Milk	5 Scrambled Eggs Broccoli Pears English Muffins/Milk  WG Cheerios Orange/Milk PM - Yogurt/Milk	6 Hot Dogs Baked Beans Apples Bun/Milk  Bagel Grapes/Milk PM - WG Goldfish/Milk	7 Ham & Cheese Roll-Ups Cucumbers Pineapple Soft Tortilla/Milk  WG Wheat Toast Peaches/Milk PM - Fruit Salad/Milk	8 Chicken Salad Carrots Fruit Cocktail WG Pita Bread/Milk  Kix Pears/Milk PM - Crackers/PB/Milk	9
10	11 Grilled Cheese Tomato Soup Peaches WG Wheat Bread/Milk  Pancakes Kiwi/Milk PM - Yogurt/Milk	12 Meatloaf Green Bean Casserole Applesauce Roll/Milk  WG Cheerios Grapes/Milk PM-Soft Pretzels/Milk	13 Roast Turkey Breast Mashed Potatoes Pineapple Stuffing/Milk  WG Cinnamon Toast Apple/Milk PM - Croissants/Milk	14 Sloppy Joes Tater Tots Fruit Cocktail Bun/Milk  WG Oatmeal Applesauce/Milk PM - Carrots & Dip/Milk	15 PB & J Sandwich Cheese Cubes Carrots/Apple WG bread/Milk  English Muffin Peaches/Milk PM - String Cheese/Milk	16
17	18 Chicken Tenders Cauliflower Peaches WG roll/Milk  Cream of Wheat Craisins/Milk PM-Animal Crackers/Milk	19 Pork Roast Brussel Sprouts Sweet Potatoes Stuffing/Milk  Pancakes Banana/Milk PM-WG Crackers/Milk	20 Beef Ravioli/String Cheese Peas Banana Milk  WG Bagel Fruit Salad/Milk PM - Graham Crackers/Milk	21 Cheese Pizza Green Beans Applesauce Milk  WG Oatmeal Pears/Milk PM - Yogurt/Milk	22 Beef Lasagna Salad Pears Milk  WG Mini Wheats Banana/Milk PM - Cutie Orange/Milk	23
24	25   WG French Toast Applesauce/Milk PM - Pretzels/Milk	26 Beef Tacos Lettuce/Tomato Pears Milk  WG Oatmeal Pears/Milk PM - Bagel/Milk	27 Quiche Peas Peaches Milk  WG Oatmeal Pears/Milk PM - Bagel/Milk	28 Spaghetti/Meatballs Salad Fruit Cocktail Milk  WG Pancakes Peaches/Milk PM - Bananas/Milk	29 Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk  CornFlakes Orange/Milk PM - Rice Cakes/Milk	30