


## December 2017

### First Step to Nutrition

**AM Snack, Dinner & Evening Snack - Meals Include 1% Lowfat Milk    WG - whole grain**

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat				
31					1	2				
					AM - French Toast/Milk Chicken Stir Fry Snow Peas Pineapple WG Brown Rice/Milk ES -Pretzels/Milk					
3	AM - Crepes/Milk Turkey Sub Corn Applesauce WG Roll/Milk ES - Yogurt/Milk	4	5	AM -French Toast/Milk Spaghetti w/ Meatballs Tossed Salad Pears Milk ES - WG Crackers/Milk	6	7	AM - Yogurt/Milk Hamburger Potato Skins Mandarin Oranges WG Bun/Milk ES - Graham Crks/Milk	8	9	AM - Celery/PB/Milk Cheese Pizza Broccoli Peaches Milk ES - WG Oatmeal/Milk
10	AM - Fruit Salad/Milk Sloppy Joes Sweet Potato Fries Applesauce Bun/Milk ES - WG Crackers/Milk	11	12	AM - Rice Cakes/PB/Milk Cheese Ravioli Broccoli Banana Milk ES - WG Bagels/Milk	13	14	15	16	AM - Fruit Cup/Milk Macaroni & Cheese Mixed Vegetables Pears Milk ES - WG Waffles/Milk	
17	AM-Soft Pretzels/Milk Beef Stew Carrots & Potatoes Fruit Salad WG Crackers/Milk ES - Celery/PB/Milk	18	19	AM - Apples & PB/Milk Ham Sandwich Vegetable Soup Applesauce WG Wheat Bread/Milk ES - Animal Crks/Milk	20	21	22	23	AM - French Toast/Milk Beef Tacos Lettuce/Tomato Kiwi Milk ES - WG Oatmeal/Milk	
24		25	26	AM - Plums/Milk Chicken Legs Mashed Potatoes Lima Beans WG Roll/Milk ES - Cuties/Milk	27	28	29	30	AM - Nectarines/Milk Beef Stoganoff Peas Pears WG Noodles/Milk ES - Graham Cracker/Milk	
		AM - Fruit Salad/Milk Cheese Pizza Carrots Kiwi Milk ES -WG Oatmeal/Milk		AM - Plums/Milk Chicken Legs Mashed Potatoes Lima Beans WG Roll/Milk ES - Cuties/Milk		AM - Grits/Milk Meatloaf Corn Applesauce WG Roll/Milk ES - Pretzels/Milk				