



## December 2018

### First Step to Nutrition

**Breakfast, Lunch & PM Snack - 1% Milk/Whole Milk served to children age 1 WG=whole grain**

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

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