



## December 2018

### First Step to Nutrition

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

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

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