



November 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
			1 Chicken Stir Fry Broccoli Pineapple WG Brown Rice/Milk Wheat Toast Applesauce/Milk Grahams/Milk	2 Beef Lasagna Salad Plums Milk WG Total Banana/Milk PM - Baked Apple/Milk	3 Grilled Cheese Vegetable Soup Fruit Cocktail WG Wheat Bread/Milk Crepes Strawberries/Milk PM - String Cheese/Milk	4
5	6 Meatloaf Mashed Potatoes Pineapple WG Dinner Roll/Milk Pancakes Grapes/Milk PM - Grahams/Milk	7 Meatball Sub Salad Pears Roll/Milk WG Waffles Peaches/Milk PM - Carrots/Milk	8 Chicken Tenders Sweet Potato Fries Pears Cornbread/Milk WG Grits Oranges/Milk PM - Yogurt/Milk	9 Grilled Cheese Tomato Soup Mandarin Oranges WG Wheat Bread/Milk Cheerios Bananas/Milk PM-Soft Pretzels/Milk	10 Fish Sticks Lima Beans Fruit Cocktail Fish Crackers/Milk WG Oatmeal Grapes/Milk PM - Applesauce/Milk	11
12	13 Chicken Soup Potatoes/Carrots Applesauce WG crackers'/Milk Pancakes Pears/Milk PM - Apples/Milk	14 Spaghetti w/ Meat Sauce Green Beans Pineapple Milk WG Bagels Grapes/Milk PM - Animal Crackers/Milk	15 Cheese Omelet Red Beets Mandarin Oranges English Muffin/Milk WG Cheerios Banana/Milk PM - Celery/PB/Milk	16 Chicken Drumsticks Corn Peaches WG Wild Rice/Milk French Toast Kiwi/Milk PM - Pretzel/Milk	17 Tuna Noodle Casserole Peas Peaches Milk WG Grits Oranges/Milk PM - Applesauce/Milk	18
19	20 Turkey and Cheese Broccoli Pears WG Wheat Bread/Milk English Muffins Fruit Salad/Milk PM-String Cheese/Milk	21 Cheese Pizza Lima Beans Fruit Cocktail Milk WG Total Grapes/Milk PM - Baked Apples/Milk	22 Turkey Breast Mashed Potatoes Acorn Squash Stuffing/Milk WG French Toast Apple/Milk PM - Goldfish/Milk	23 	24 Turkey Noodle Soup Carrots & Celery Plums Milk Waffles Peaches/Milk PM - WG Crackers/Milk	25
26	27 Tuna Salad Sandwich Cucumbers Apple WG Wheat Bread/Milk Cheerios Banana/Milk PM - Pretzels/Milk	28 Sloppy Joes Potato Skins Applesauce WG Bun/Milk Waffles Fruit Cocktail/Milk PM - Cornbread/Milk	29 Spaghetti w/Meatsauce Green Beans Pears Milk WG Bagels Grapes/Milk PM - Rice Cakes/Milk	30 Beef Tacos Lettuce/Tomato Peaches Soft Tortilla/Milk Kix Plums/Milk PM - WG Crackers/Milk		