



November 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
			1 AM - Rice Cakes/Milk Scrambled Eggs Peas Orange WG English Muffin/Milk ES - Pretzel/Milk	2 AM - Nectarines/Milk Pot Roast Potatoes Apples Dumplings/Milk ES - WG Crackers/Milk	3 AM - Animal Crackers/Milk Hotdog Lima Beans Pineapple Bun/Milk ES - WG Oatmeal/Milk	4
5	6 AM - Fruit Salad/Milk Beef Tacos Lettuce & Tomato Peaches Soft Tortillas/Milk ES -WG Cherrios/Milk	7 AM - Oatmeal/Milk Baked Chicken Cauliflower Applesauce Stuffing/Milk ES - WG Crackers/Milk	8 AM - Carrots/Milk Ham & Cheese Sandwich Cucumbers Peaches WG Wheat Bread/Milk ES - Celery & PB/Milk	9 AM - Yogurt/Milk Chili Red Beans Fruit Cocktail WG Crackers/Milk ES-String Cheese/Milk	10 AM - Kiwi/Milk Tuna Salad Cucumbers Apple Pita Bread/Milk ES - WG Grits/Milk	11
12	13 AM - Rice Cakes/Milk Turkey and Cheese Pickled Beets Pineapple WG Wheat Bread/Milk ES-Cornbread/Milk	14 AM - English Muffins/Milk Beef Stew Carrots & Potatoes Applesauce WG Dinner Roll/Milk ES - Bananas/Milk	15 AM - Crackers/PB/Milk Sausage Corn Peaches Roll/Milk ES - WG Crackers/Milk	16 AM - Applesauce/Milk Baked Ham Scalloped Potatoes Fruit Cup WG Rye Bread/Milk ES - Yogurt/Milk	17 AM - Bananas/Milk PB & J Sandwich Cheese Cubes Carrots Applesauce/Milk ES - WG Cherrios/Milk	18
19	20 AM - Plums/Milk Sloppy Joes Corn Applesauce WG Bun/Milk ES - Bagels/Milk	21 AM - English Muffins/Milk Turkey Breast Green Beans Sweet Potatoes Stuffing/Milk ES - WG Oatmeal/Milk	22 AM -Crepes/Milk Hot Dogs Baked Beans Pineapple Bun/Milk ES - WG Bagel/Milk	23 	24 AM - Fruit Salad/Milk Meatloaf Green Beans Pears WG Brown Rice/Milk ES - Rice Cakes/Milk	25
26	27 AM - Yogurt/Milk Chicken Strips Green Beans Pears Pierogies/Milk ES - WG Crackers/Milk	28 AM - Bagels/Milk Beef Ravioli w/ cheese Broccoli Mandarin Oranges Milk ES - WG Oatmeal/Milk	29 AM - Bananas/Milk Vegetable Beef Soup Carrots & Celery Apple WG Crackers/Milk ES - Yogurt/Milk	30 AM - Applesauce/Milk Grilled Cheese Tomato Soup Nectarines WG Wheat Bread/Milk ES - String Cheese/Milk		