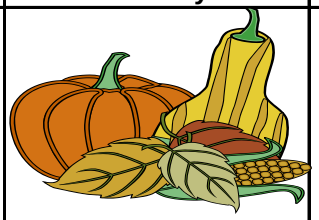
November 2018

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