



December 2023

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
31					1 Ground Turkey Tostadas Refried Beans Apples WG Tortillas/Milk Mini Bagels Strawberries/Milk PM - Goldfish/Milk	2
3	4 Homemade Chicken Soup Carrots Peaches WG Brown Rice/Milk Apple Pumpkin Oatmeal Applesauce/Milk PM - Baked Pears/Milk	5 Scrambled Eggs Broccoli Pears English Muffins/Milk WG Cheerios Orange/Milk PM - Yogurt/Milk	6 Hot Dogs Baked Beans Apples Bun/Milk Bagel Grapes/Milk PM - WG Goldfish/Milk	7 Ham & Cheese Roll-Ups Cucumbers Pineapple Soft Tortilla/Milk WG Cinn Wheat Toast Peaches/Milk PM - Fruit Salad/Milk	8 PB & J Sandwich String Cheese Carrots/Apple WG Wheat Bread/Milk Eggs Sweet Potato Hash/Milk PM - Crackers/PB/Milk	9
10	11 Grilled Cheese Vegetable Soup Bananas WG Wheat Bread/Milk Pancakes Kiwi/Milk PM - Yogurt/Milk	12 Meatloaf Green Bean Casserole Applesauce Roll/Milk WG Cheerios Bananas/Milk PM-Soft Pretzels/Milk	13 Roast Turkey Breast Mashed Potatoes Pineapple Stuffing/Milk WG Cinn Wheat Toast Apple/Milk PM - Croissants/Milk	14 Sloppy Joes Tater Tots Fruit Cocktail Bun/Milk WG Oatmeal Applesauce/Milk PM - Carrots & Dip/Milk	15 Omelet Tomatoes/Peppers Fruit Cocktail WG Wheat Toast/Milk Cornflakes Banana/Milk PM - String Cheese/Milk	16
17	18 Chicken Tenders Cauliflower Peaches WG Roll/Milk Cream of Wheat Pears/Milk PM-Animal Crackers/Milk	19 Pork Roast Brussel Sprouts Sweet Potatoes Stuffing/Milk Pancakes Blueberries/Milk PM-WG Crackers/Milk	20 Beef Ravioli/String Cheese Peas Banana Milk WG Bagel Fruit Salad/Milk PM - Graham Crackers/Milk	21 X Cheese Pizza Green Beans Applesauce Milk WG Oatmeal Apples/Milk PM - Yogurt/Milk	22 Beef Tacos Lettuce/Tomato Pineapple WG Tortillas/Milk Rice Krispies Banana/Milk PM - Grahams/Milk	23
24	25 	26 Quiche Peas Cuties Pie Crust/Milk WG Cherrios Banana/Milk PM - Bakes Pears/Milk	27 Chicken Stir Fry Broccoli Kiwi WG Brown Rice/Milk French Toast Berries/Milk PM - Rice Cakes/Milk	28 Spaghetti/Meatballs Salad Fruit Cocktail Milk WG Pancakes Peaches/Milk PM - Cornbread/Milk	29 WG English Muffin Pizza Green Beans Cutie Mozz Cheese/Milk Bagel Applesauce/Milk PM - Grahams/Milk	30