



## December 2023

### 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
31					1	2
	AM - Apple Pumpkin Oatmeal/Milk Sloppy Joes Sweet Potato Wedges Pears WG Bun/Milk  ES - Yogurt/Milk					
3	4	5	6	7	8	9
AM - Corn Muffin/Milk  Turkey Sub Corn Applesauce WG Roll/Milk  ES - Yogurt/Milk	AM - Apples/Milk  Chicken Tenders Lima Beans Fruit Salad WG Wild Rice/Milk  ES - Rice Cakes/PB/Milk	AM -French Toast/Milk  Spaghetti / Meatballs Salad Pears Milk  ES - WG Crackers/Milk	AM - Yogurt/Milk  Hamburger Potato Skins Mandarin Oranges WG Bun/Milk  ES - Graham Crks/Milk	AM - Celery/PB/Milk  Scrambled Eggs Broccoli Peaches WG Toast/Milk  ES - Soft Pretzel/Milk		
10	11	12	13	14	15	16
AM - Fruit Salad/Milk  Sloppy Joes Sweet Potato Fries Applesauce Bun/Milk  ES - WG Crackers/Milk	AM - Corn Muffin/Milk  Ground Turkey Tostada Refried Benas Fruit Cocktail WG Tortilla/Milk  ES - Carrots & dip/Milk	AM - Rice Cakes/PB/Milk  Cheese Ravioli Broccoli Banana Milk  ES - WG Bagels/Milk	AM - French Toast/Milk  Chicken Pot Pie Potatoes/Peas Peaches Milk  ES - WG Cherrios/Milk	AM - Pretzels/Milk  Macaroni & Cheese Mixed Vegetables Pears Milk  ES - WG Waffles/Milk		
17	18	19	20	21	22	23
AM-Soft Pretzels/Milk  Beef Stew Carrots & Potatoes Fruit Salad WG Crackers/Milk  ES - Celery/PB/Milk	AM - Apples & PB/Milk  Ham Sandwich Vegetable Soup Applesauce WG Wheat Bread/Milk  ES - Animal Crks/Milk	AM - Cuties/Milk  X Cheese Pizza Lima Beans Plums Milk  ES - WG Crackers/Milk	AM-Sweet Pot Hash/Milk  Hotdogs/Blanket Peas Pears Crescent Roll/Milk  ES - WG Waffles/Milk	AM - Corn Muffin/Milk  Grilled Cheese Tomato Soup Bananas WG Wheat Bread/Milk  ES - String Cheese/Milk		
24	25	26	27	28	29	30
		AM - French Toast/Milk  Cheese Lasagna Salad Fruit Salad Garlic Bread/Milk  ES - WG Muffin/Milk	AM - Croissants/Milk  Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortillas/Milk  ES - Pretzels/Milk	AM - Nectarines/Milk  Beef Stoganoff Peas Pears WG Noodles/Milk  ES - Graham Crk/Milk	AM - Fruit Salad/Milk  Cheese Quesadillas Broccoli Applesauce WG Tortillas/Milk  ES - Animal Crackers/Milk	