



December 2019

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