



December 2019

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
29	30	31				
	AM - Crepes/Milk Baked Cheese Ziti Broccoli Pineapple Garlic Bread/Milk ES - WG muffin/Milk	AM - French Toast/Milk Cheese Pizza Green Beans Plums Milk ES - WG Goldfish/Milk				
1	2	3	4	5	6	7
	AM - Crepes/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 w/ 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	
8	9	10	11	12	13	14
	AM - Fruit Salad/Milk Sloppy Joes Sweet Potato Fries Applesauce Bun/Milk ES - WG Crackers/Milk	AM - WG Muffin/Milk Cheese Quesidillas Peas Plums WG Tortilla/Milk ES - Carrots/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 - Fruit Cup/Milk Macaroni & Cheese Mixed Vegetables Pears Milk ES - WG Waffles/Milk	
15	16	17	18	19	20	21
	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 Cheese Pizza Lima Beans Plums Milk ES - WG Crackers/Milk	AM - Grapes/Milk Hotdogs/Blanket Peas Pears Crescent Roll/Milk ES - WG Waffles/Milk	AM - French Toast/Milk Beef Tacos Lettuce/Tomato Kiwi Milk ES - WG Oatmeal/Milk	
22	23	24	25	26	27	28
	AM - Corn Muffin/Milk Grilled Cheese Tomato Soup Apples WG Bread/Milk ES - Fruit Salad/Milk	AM - French Toast/Milk Cheese Lasagna Salad Fruit Salad Garlic Bread/Milk ES - WG muffin/Milk		AM - Nectarines/Milk Beef Stoganoff Peas Pears WG Noodles/Milk ES - Graham Cracker/Milk	AM - Grits/Milk Pork Roast Corn Applesauce WG Roll/Milk ES - Pretzels/Milk	