


December 2020

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