



# December 2021

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