



# December 2021

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