



November 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
					1 Grilled Cheese Vegetable Soup Fruit Cocktail WG Wheat Bread/Milk Crepes Banana/Milk PM - String Cheese/Milk	2
3	4 Meatloaf Mashed Potatoes Pineapple WG Dinner Roll/Milk Pancakes Grapes/Milk PM - Grahams/Milk	5 Meatball Sub Salad Pears Roll/Milk WG Waffles Peaches/Milk PM - Carrots/Milk	6 Chicken Tenders Sweet Potato Fries Pears Cornbread/Milk WG Oatmeal Oranges/Milk PM - Yogurt/Milk	7 English Muffin Pizzas Carrots Mandarin Oranges Mozz Cheese/Milk WG Cheerios Bananas/Milk PM-Animal Crackers/Milk	8 Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk WG Toast Applesauce/Milk PM - Pretzels/Milk	9
10	11 Chicken Soup Potatoes/Carrots Applesauce WG crackers'/Milk Pancakes Pears/Milk PM - Apples/Milk	12 Spaghetti w/ Meat Sauce Green Beans Pineapple Milk WG Bagels Kiwi/Milk PM - Animal Crackers/Milk	13 Cheese Omelet Red Beets Mandarin Oranges English Muffin/Milk WG Cheerios Banana/Milk PM - Celery/PB/Milk	14 Chicken Drumsticks Corn Peaches WG Wild Rice/Milk French Toast Peaches/Milk PM - Pretzel/Milk	15 Tuna Noodle Casserole Peas Peaches Milk WG Oatmeal Oranges/Milk PM - Baked Apples/Milk	16
17	18 Turkey and Cheese Broccoli Pears WG Wheat Bread/Milk English Muffins Fruit Salad/Milk PM-String Cheese/Milk	19 Cheese Pizza Lima Beans Fruit Cocktail Milk WG Cherrios Grapes/Milk PM - Baked Pears/Milk	20 Beef Tacos Lettuce/tomatoes Pineapple Soft Tortillas/Milk WG French Toast Apple/Milk PM - Goldfish/Milk	21 Egg Quiche Peas Orange WG Wheat Toast/Milk Rice Krispies Banana/Milk PM - Grahams/Milk	22 Pork Roast Mashed Potatoes Green Beans Dinner Roll/Milk Waffles Peaches/Milk PM - WG Crackers/Milk	23
24	25 Tuna Salad Sandwich Cucumbers Apple WG Wheat Bread/Milk Cheerios Banana/Milk PM - Pretzels/Milk	26 Hotdogs Potato Skins Applesauce WG Bun/Milk Waffles Fruit Cocktail/Milk PM - Cornbread/Milk	27 Spaghetti w/Meatsauce Green Beans Pears Milk WG Bagels Grapes/Milk PM - Rice Cakes/Milk	28 	29 Turkey Noodle Soup Carrots Fruit Salad WG Dinner Roll/Milk Pancakes Applesauce/Milk PM - String Cheese/Milk	30