



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