



November 2020

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
29	30					
	AM - Grahams/Milk Hotdog Lima Beans Pineapple Bun/Milk ES - WG Oatmeal/Milk					
1	2	3	4	5	6	7
	AM - Fruit Salad/Milk Beef Tacos Lettuce & Tomato Peaches Soft Tortillas/Milk ES -WG Cherrios/Milk	AM - Croissants/Milk Baked Chicken Cauliflower Applesauce Stuffing/Milk ES - WG Crackers/Milk	AM - Carrots/Milk Ham & Cheese Sandwich Cucumbers Peaches WG Wheat Bread/Milk ES - Celery & PB/Milk	AM - Yogurt/Milk Chili Red Beans Fruit Cocktail WG Crackers/Milk ES-String Cheese/Milk	AM - Kiwi/Milk Tuscan Grilled Cheese Spinach/tomato Apple WG Wheat Bread/Milk ES - Cream of Wheat/Milk	
8	9	10	11	12	13	14
	AM - Rice Cakes/Milk Turkey and Cheese Pickled Beets Pineapple WG Wheat Bread/Milk ES-Cornbread/Milk	AM - English Muffins/Milk Beef Stew Carrots & Potatoes Applesauce WG Dinner Roll/Milk ES - Bananas/Milk	AM - Crackers/PB/Milk Sausage Corn Peaches Roll/Milk ES - WG Crackers/Milk	AM - Applesauce/Milk Baked Ham Scalloped Potatoes Fruit Cup WG Rye Bread/Milk ES - Yogurt/Milk	AM - Bananas/Milk PB & J Sandwich Cheese Cubes Carrots Applesauce/Milk ES - WG Cherrios/Milk	
15	16	17	18	19	20	21
	AM - Plums/Milk Sloppy Joes Corn Applesauce WG Bun/Milk ES - Grahams/Milk	AM - English Muffins/Milk Turkey Breast Green Beans Sweet Potatoes Stuffing/Milk ES - WG Oatmeal/Milk	AM -Crepes/Milk Hot Dogs Baked Beans Orange Bun/Milk ES - WG Bagel/Milk	AM - Soft Pretzel/Milk Chicken Stir-Fry Broccoli Pineapple WG Brown Rice/Milk ES - Oatmeal/Milk	AM - Fruit Salad/Milk Meatloaf Peas Pears WG Brown Rice/Milk ES - Rice Cakes/Milk	
22	23	24	25	26	27	28
	AM - Yogurt/Milk Chicken Strips Peas Pears Pierogies/Milk ES - WG Crackers/Milk	AM - Bagels/Milk Beef Ravioli w/ cheese Broccoli Mandarin Oranges Milk ES - WG Oatmeal/Milk	AM - Bananas/Milk Vegetable Beef Soup Carrots & Celery Apple WG Crackers/Milk ES - Yogurt/Milk		AM - Croissants/Milk Turkey Sandwich Cucumbers Peaches WG Wheat Bread/Milk ES - Animal Crackers/Milk	