


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