



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