



# November 2024

## 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 style="text-align: right;">1</p> Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortillas/Milk  Cream of Wheat Apples/Milk PM-Pumpkin Apsauce/Milk	<p style="text-align: right;">2</p>
3	<p style="text-align: right;">4</p> Meatloaf Mashed Potatoes Pineapple WG Dinner Roll/Milk  Pumpkin Pancakes Grapes/Milk PM - Grahams/Milk	<p style="text-align: right;">5</p> Turkey Sandwich Cucumbers Pears WG Wheat Bread/Milk  Waffles Peaches/Milk PM - Carrots/Milk	<p style="text-align: right;">6</p> Chicken Tenders Sweet Potato Fries Pears Cornbread/Milk  WG Oatmeal Oranges/Milk PM - Yogurt/Milk	<p style="text-align: right;">7</p> English Muffin Pizzas Carrots Mandarin Oranges Mozz Cheese/Milk  WG Cheerios Bananas/Milk PM - Animal Crackers/Milk	<p style="text-align: right;">8</p> Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk  WG Toast Applesauce/Milk PM - String Cheese/Milk	9
10	<p style="text-align: right;">11</p> Chicken Soup Potatoes/Carrots Applesauce WG Crackers'/Milk  Pancakes Pears/Milk PM - Apples/Milk	<p style="text-align: right;">12</p> Ground Turkey Creamy Wild Rice Broccoli/Fruit Cocktail Milk  WG Bagels Kiwi/Milk PM - Animal Crackers/Milk	<p style="text-align: right;">13</p> Cheese Omelet Red Beets Mandarin Oranges English Muffin/Milk  WG Cheerios Banana/Milk PM - Celery/PB/Milk	<p style="text-align: right;">14</p> Baked Ham Slice Corn Peaches WG Brown Rice/Milk  French Toast Peaches/Milk PM - Pretzels/Milk	<p style="text-align: right;">15</p> Baked Chicken Green Beans Apples Roll/Milk  WG Oatmeal Oranges/Milk PM - Baked Pears/Milk	16
17	<p style="text-align: right;">18</p> Turkey and Cheese Broccoli Pears WG Wheat Bread/Milk  English Muffins Fruit Salad/Milk PM - String Cheese/Milk	<p style="text-align: right;">19</p> X Cheese Pizza Lima Beans Fruit Cocktail Milk  WG Cherrios Grapes/Milk PM - Baked Apples/Milk	<p style="text-align: right;">20</p> Beef Tacos Lettuce/tomatoes Pineapple Soft Tortillas/Milk  WG French Toast Apple/Milk PM - Goldfish/Milk	<p style="text-align: right;">21</p> Spaghetti and Meatballs Salad' Peaches Milk  Rice Krispies Bananas/Milk PM - WG Cinn Toast/Milk	<p style="text-align: right;">22</p> Grilled Cheese Tomato Soup Pears WG Bread/Milk  Waffles Peaches/Milk PM - Apples/PB/Milk	23
24	<p style="text-align: right;">25</p> Chicken Salad Sandwich Cucumbers Apple WG Wheat Bread/Milk  Cheerios Banana/Milk PM - Pretzels/Milk	<p style="text-align: right;">26</p> Hotdogs Potato Skins Applesauce WG Bun/Milk  Waffles Fruit Cocktail/Milk PM - Cornbread/Milk	<p style="text-align: right;">27</p> PB&J String Cheese Cucumbers/Banana WG Bread/Milk  Rice Krispies Banana/Milk PM - Applesauce/Milk	<p style="text-align: right;">28</p> <div style="text-align: center;">  <p style="color: red; font-size: 2em; font-weight: bold; text-decoration: underline;">Thanksgiving</p> </div>	<p style="text-align: right;">29</p> Turkey Soup Carrots Apples WG Crackers/Milk  Pumpkin Pancakes Applesauce/Milk PM - Yogurt/Milk	30