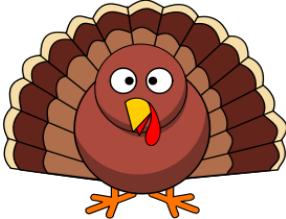



# November 2024

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