

# December 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
<b>1</b>	<b>2</b> WG Spaghetti & Meatballs Salad Fruit Cocktail Milk  Apple Pumpkin Oatmeal Milk PM - Yogurt/Milk	<b>3</b> WG English Muffin Pizza Green Beans Oranges Mozz Cheese/Milk  Pancakes Pears/Milk PM - Cran Applesauce/Milk	<b>4</b> Veg Pasta Soup String Cheese Apples Milk  WG Cheerios Banana/Milk PM - Grahams/Milk	<b>5</b> Grilled Cheese Peas Pears WG Wheat Bread/Milk  Cinnamon Toast Applesauce/Milk PM - Cornbread/Milk	<b>6</b> Ground Turkey Tostadas Refried Benas Apples WG Tortillas/Milk  Mini Bagels Strawberries/Milk PM - Goldfish/Milk	<b>7</b>
<b>8</b>	<b>9</b> Homemade Chicken Soup Carrots Peaches WG Brown Rice/Milk  Waffles Apples/Milk PM - Baked Pears/Milk	<b>10</b> Scrambled Eggs Broccoli Pears English Muffins/Milk  WG Cheerios Orange/Milk PM - Yogurt/Milk	<b>11</b> Hot Dogs Baked Beans Apples Bun/Milk  Bagel Grapes/Milk PM - WG Goldfish/Milk	<b>12</b> Ham & Cheese Roll-Ups Cucumbers Pineapple Soft Tortilla/Milk  WG Cinn Wheat Toast Peaches/Milk PM - Fruit Salad/Milk	<b>13</b> PB & J Sandwich String Cheese Carrots/Apple WG Wheat Bread/Milk  Pancakes Banana/Milk PM - Crackers/PB/Milk	<b>14</b>
<b>15</b>	<b>16</b> Grilled Cheese Tomato Soup Bananas WG Wheat Bread/Milk  Pancakes Kiwi/Milk PM - Yogurt/Milk	<b>17</b> Meatloaf Green Bean Casserole Applesauce Roll/Milk  WG Cheerios Bananas/Milk PM-Soft Pretzels/Milk	<b>18</b> Roast Turkey Breast Mashed Potatoes Pineapple Stuffing/Milk  WG Cinn Wheat Toast Apple/Milk PM - Croissants/Milk	<b>19</b> Sloppy Joes Tater Tots Fruit Cocktail Bun/Milk  WG Oatmeal Applesauce/Milk PM - Carrots & Dip/Milk	<b>20</b> Cheese Omelet Tomatoes/Peppers Fruit Cocktail WG Wheat Toast/Milk  Cornflakes Banana/Milk PM - String Cheese/Milk	<b>21</b>
<b>22</b>	<b>23</b> Chicken Tenders Cauliflower Peaches WG Roll/Milk  Cream of Wheat Pears/Milk PM-Animal Crackers/Milk	<b>24</b> Pork Roast Brussel Sprouts Sweet Potatoes Stuffing/Milk  Pancakes Blueberries/Milk PM-WG Crackers/Milk	<b>25</b> 	<b>26</b> X Cheese Pizza Green Beans Applesauce Milk  WG Oatmeal Apples/Milk PM - Yogurt/Milk	<b>27</b> Beef Tacos Lettuce/Tomato Pineapple WG Tortillas/Milk  Rice Krispies Banana/Milk PM - Grahams/Milk	<b>28</b>
<b>29</b>	<b>30</b> Chicken Stir Fry Broccoli Kiwi WG Brown Rice/Milk  French Toast Berries/Milk PM - Rice Cakes/Milk	<b>31</b> Quiche Peas Cuties Pie Crust/Milk  WG Cherrios Banana/Milk PM - Bakes Pears/Milk				