

December 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	2 AM - Cornbread/Milk Turkey and Cheese Rollup Cucumbers Pineapple WG Soft Tortilla/Milk ES - Pretzels/Milk	3 AM - Fruit Salad/Milk Veg Pasta Soup String Cheese Apples Milk ES - WG Chex/Milk	4 AM - Cran Applesauce/Milk PB and J w/Cheese Carrots Peaches WG Wheat Bread/Milk ES - Animal Crackers/Milk	5 AM - Waffles/Milk Meatloaf Green Bean Casserole Mashed Potatoes WG Roll/Milk ES - Grahams/Milk	6 AM - Apple Pumpkin Oatmeal/Milk Sloppy Joes Sweet Potato Wedges Pears WG Bun/Milk ES - Yogurt/Milk	7
8	9 AM - Corn Muffin/Milk Turkey Sub Corn Applesauce WG Roll/Milk ES - Soft Pretzels/Milk	10 AM - Apples/Milk Chicken Tenders Lima Beans Fruit Salad WG Wild Rice/Milk ES - Rice Cakes/PB/Milk	11 AM -French Toast/Milk Spaghetti / Meatballs Salad Pears Milk ES - WG Crackers/Milk	12 AM - Yogurt/Milk Hamburger Potato Skins Mandarin Oranges WG Bun/Milk ES - Grahams/Milk	13 AM - Celery/PB/Milk Scrambled Eggs Broccoli Peaches WG Toast/Milk ES - Yogurt/Milk	14
15	16 AM - Fruit Salad/Milk Sloppy Joes Sweet Potato Fries Applesauce Bun/Milk ES - WG Crackers/Milk	17 AM - Corn Muffin/Milk Ground Turkey Tostada Refried Benas Fruit Cocktail WG Tortilla/Milk ES - Carrots & dip/Milk	18 AM - Rice Cakes/PB/Milk Cheese Ravioli Broccoli Banana Milk ES - WG Bagels/Milk	19 AM - French Toast/Milk Chicken Pot Pie Potatoes/Peas Peaches Milk ES - WG Cherrios/Milk	20 AM - Pretzels/Milk Macaroni & Cheese Mixed Vegetables Pears Milk ES - WG Waffles/Milk	21
22	23 AM-Soft Pretzels/Milk Beef Stew Carrots & Potatoes Fruit Salad WG Crackers/Milk ES - Celery/PB/Milk	24 AM - Apples & PB/Milk Ham Sandwich Vegetable Soup Applesauce WG Wheat Bread/Milk ES - Animal Crks/Milk	25 	26 AM-WG Cinn Toast/Milk Hotdogs/Blanket Peas Pears Crescent Roll/Milk ES - Waffles/Milk	27 AM - Corn Muffin/Milk Grilled Cheese Tomato Soup Bananas WG Wheat Bread/Milk ES - String Cheese/Milk	28
29	30 AM - Croissants/Milk Beef Tacos Lettuce/Tomato Pineapple WG Soft Tortillas/Milk ES - Pretzels/Milk	31 AM - French Toast/Milk Cheese Lasagna Salad Fruit Salad Garlic Bread/Milk ES - WG Muffin/Milk				