

November 2025

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