November 2026

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
1	2 Hotdogs Potato Skins Applesauce WG Bun/Milk Waffles Fruit Cocktail/Milk PM - Pumpkin Smoothie/Mil	3 Turkey and Cheese Broccoli Pears WG Wheat Bread/Milk English Muffin Applesauce/Milk PM - Pretzels/Milk	4 Spaghetti and Meat Sauce Salad Apples Milk WG Cheerios Banana/Milk PM - Yogurt/Milk	5 Cheese Quesadilla Peppers Peaches WG Tortillas/Milk Pancakes Blueberries/Milk PM - Animal Crackers/Milk	6 Baked Chicken Green Beans Sweet Potatoes Biscuit/Milk Bagels Strawberries/Milk PM - WG Oatmeal/Milk	7
8	9 Meatloaf Mashed Potatoes Pineapple WG Dinner Roll/Milk Pancakes Grapes/Milk PM - Grahams/Milk	10 Ham Sandwich Cucumbers Pears WG Wheat Bread/Milk Waffles Peaches/Milk PM - Carrots/Milk	11 Chicken Tenders Sweet Potato Fries Pears Cornbread/Milk WG Oatmeal Oranges/Milk PM - Yogurt/Milk	12 English Muffin Pizzas Carrots Mandarin Oranges Mozz Cheese/Milk WG Cheerios Bananas/Milk PM - Animal Crackers/Milk	13 Fish Fillets Lima Beans Fruit Cocktail Fish Crackers/Milk WG Toast Applesauce/Milk PM - String Cheese/Milk	14
15	16 Chicken Soup Potatoes/Carrots Applesauce WG Crackers'/Milk French Toast Pears/Milk PM - Apples/Milk	17 Chicken Fried Rice Broccoli Fruit Cocktail WG Brown RiceMilk Bagels Kiwi/Milk PM - Animal Crackers/Milk	18 Cheese Omelet Red Beets Mandarin Oranges English Muffin/Milk WG Cheerios Banana/Milk PM - Celery/PB/Milk	19 Baked Ham Slice Corn Peaches WG Brown Rice/Milk Pancakes Peaches/Milk PM - Pretzels/Milk	20 Baked Chicken Green Beans Apples Roll/Milk WG Oatmeal Oranges/Milk PM - Baked Pears/Milk	21
22	23 Turkey Sausage Cran-Apple Topping Peas Biscuit/Milk WG Wheat Toast Fruit Salad/Milk PM - String Cheese/Milk	24 X Cheese Pizza Lima Beans Fruit Cocktail Milk WG Cherrios Grapes/Milk PM - Baked Apples/Milk	25 Beef Tacos Lettuce/tomatoes Pineapple WG Soft Tortillas/Milk French Toast Apple/Milk PM - Goldfish/Milk	26  	27 Turkey Soup Carrots Pears WG Brown Rice/Milk Waffles Peaches/Milk PM - Apples/PB/Milk	28
29	30 Chicken Salad Sandwich Cucumbers Apple WG Wheat Bread/Milk Cheerios Banana/Milk PM - Pretzels/Milk					