November 2026

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