

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday January 14	Pancakes, Fruit and Milk	Nutri-Grain Bars and Milk	Chicken Nuggets, Green Beans, Mixed Fruit and Milk	Fried Cheerios with Tomato Juice
Tuesday January 15	Eggs or Ham, Mixed Fruit and Milk	Trail Mix and Milk	Chili, Corn Chips, Cheese, Corn, Peaches and Milk	Cheez-Its, Carrots Sticks and Ranch
Wednesday January 16	French Toast, Peaches and Milk	Graham Crackers and Milk	Teriyaki Chicken, Brown Rice, Peas, Pears and Milk	Fruit Crisp and Milk
Thursday January 17	Eggs, Pears and Milk	Wheat Thins and Cheese Cubes	Spaghetti, Salad with Ranch, Apple Slices and Milk	Peppers and Crackers
Friday January 18	Turkey Sausage, Apples and Milk	Crackers and Cucumber Sticks with Ranch	Soft Taco's with Cheese, Mixed Veggies, Applesauce and Milk	Oyster Crackers and Oranges

Subject to change, with as much notice as possible.

Week 2