

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday January 21	Pancakes, Applesauce and Milk	Cheese and Cracker with water	Burger, Bake Beans, Corn, Pineapple and Milk	Cottage Cheese and Fruit
Tuesday January 22	Eggs or Ham, Pineapple and Milk	Vanilla Wafers and Milk	Lazy Beef Lasagna, Mixed Veggies, Pears and Milk	Pretzels and Raisins
Wednesday January 23	French Toast, Pears and Milk	Crackers and Carrots with Ranch	Biscuits & Gravy, Baby Carrots, Mandarin Oranges and Milk	Rice Krispy Treats and Milk
Thursday January 24	Eggs, Mandarin Orange and Milk	Goldfish and Milk	Chicken & Noodles, Green Beans with Ranch, Apples and Milk	Peppers with Ranch and Wheat Thins
Friday January 25	Ham and Cheese Biscuits, Apple and Milk	Graham Crackers and Soy Nut Butter	Meat Loaf, Peas and Applesauce and Milk	Animal Crackers and Milk

Subject to change, with as much notice as possible.

Week 3