

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday December 11	Pancakes, Applesauce and Milk	Pretzels and Raisins	Ham, Sweet Potato Fries, Peas and Pineapple with Milk	Peppers, Ranch and Crackers
Tuesday December 12	Eggs or Ham, Pineapple and Milk	Graham Crackers and Milk	Fish sticks, Peas & Carrots, and Applesauce with Milk	Bagels and Cream Cheese
Wednesday December 13	French Toast, Applesauce and Milk	Crackers and Cheese with Water	Salisbury Steak, Mashed Potato & Gravy, Green Beans, Oranges and Milk	Muffins and Milk
Thursday December 14	Eggs, Oranges and Milk	Apple Slices and Sunflower Seed Butter with Water	Grilled Cheese, Tomato Soup, Peaches, Broccoli and Milk	Chips and Salsa
Friday December 15	Muffins, Peaches and Milk	Goldfish and Milk	Goulash, Carrot Sticks with Ranch, Mandarin Oranges and Milk	Lucky Charms and Milk

Subject to change, with as much notice as possible.

Week 1