

Beginning Steps Weekly Menu

<b>Day of the Week and Date</b>	<b>Breakfast</b>	<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b>
<b>Monday October 1</b>	Pancakes, Applesauce and Milk	Cheese and Cracker with water	Burger, Bake Beans, Corn, Pineapple and Milk	Cottage Cheese and Fruit
<b>Tuesday October 2</b>	Eggs or Ham, Pineapple and Milk	Vanilla Wafers and Milk	Lazy Beef Lasagna, Mixed Veggies, Pears and Milk	Pretzels and Raisins
<b>Wednesday October 3</b>	French Toast, Pears and Milk	Crackers and Carrots with Ranch	Biscuits & Gravy, Baby Carrots, Mandarin Oranges and Milk	Rice Krispy Treats and Milk
<b>Thursday October 4</b>	Eggs, Mandarin Orange and Milk	Goldfish and Milk	Chicken & Noodles, Green Beans with Ranch, Apples and Milk	Peppers with Ranch and Wheat Thins
<b>Friday October 5</b>	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**