

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 August 13</b>	Pancakes, Applesauce and Milk	Pretzels and Carrot Sticks	Cheese Pizza, Corn, Pears and Milk	Cheese and Crackers
<b>Tuesday August 14</b>	Eggs, Ham or Toast, Pears and Milk	Bagels with Cream Cheese	Chicken Parm, Peas, Peaches and Milk	Chees-Its and Milk
<b>Wednesday August 15</b>	French Toast, Peaches and Milk	Nutri-Grain Bars and Milk	Spaghetti, Green Beans, Applesauce and Milk	Fruit Bar and Milk
<b>Thursday August 16</b>	Eggs, Applesauce and Milk	Goldfish and Milk	Chicken Nuggets, Cucumber/Tomato Salad, Banana and Milk	Graham Crackers and Sunflower Seed Butter
<b>Friday August 17</b>	Waffles and Mixed Fruit and Milk	Trail Mix and Milk	Sloppy Joe's, Carrot Sticks, Banana and Milk	Crackers and Cucumbers

*Subject to change, with as much notice as possible.*

**Week 4**