

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 20</b>	Pancakes, Applesauce and Milk	Pretzels and Raisins	Salisbury Steak, Mashed Potato & Gravy, Green Beans, Oranges and Milk	Peppers, Ranch and Crackers
<b>Tuesday August 21</b>	Eggs or Ham, Oranges and Milk	Graham Crackers and Milk	Fish sticks, Peas & Carrots, and Applesauce with Milk	Bagels and Cream Cheese
<b>Wednesday August 22</b>	French Toast, Applesauce and Milk	Crackers and Cheese with Water	Ham, Sweet Potato Fries, Peas and Pineapple with Milk	Muffins and Milk
<b>Thursday August 23</b>	Eggs, Pineapple and Milk	Apple Slices and Sunflower Seed Butter with Water	Grilled Cheese, Tomato Soup, Peaches, Carrots and Milk	Chips and Salsa
<b>Friday August 24</b>	Muffins, Peaches and Milk	Goldfish and Milk	Alfredo Pasta with Broccoli, Apples and Milk	Lucky Charms and Milk

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

**Week 1**