

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday January 15	Pancakes, Mandarin Oranges and Milk	Nutri-Grain Bars and Milk	Chicken Nuggets, Green Beans, Mixed Fruit and Milk	Fried Cheerios with Tomato Juice
Tuesday January 16	Eggs or Ham, Mixed Fruit and Milk	Trail Mix and Milk	Chili, Corn Chips, Cheese, Carrot Sticks, Peaches and Milk	Cheez-Its, Carrots Sticks and Ranch
Wednesday January 17	French Toast, Peaches and Milk	Crackers and Cucumber Sticks with Ranch	Spaghetti, Salad with Ranch, Apple Slices and Milk	Fruit Crisp and Milk
Thursday January 18	Eggs, Apples and Milk	Wheat Thins and Cheese Cubes	Teriyaki Chicken, Brown Rice, Peas, Pears and Milk	Peppers and Crackers
Friday January 19	Turkey Sausage, Pears and Milk	Graham Crackers and Milk	Soft Taco's with Cheese, Salsa and Lettuce, Applesauce and Milk	Oyster Crackers and Oranges

Subject to change, with as much notice as possible.

Week 2