

Beginning Steps Weekly Menu

| Day of the Week and Date | Breakfast | AM Snack | Lunch | PM Snack |
|---------------------------------|---|---------------------------------------|---|---------------------------------------|
| Monday January 22 | Pancakes, Applesauce and Milk | Cheese and Cracker with water | Burger, Bake Beans, Corn, Pineapple and Milk | Cottage Cheese and Fruit |
| Tuesday January 23 | Eggs or Ham, Pineapple and Milk | Vanilla Wafers and Milk | Lazy Beef Lasagna, Mixed Veggies, Pears and Milk | Pretzels and Raisins |
| Wednesday January 24 | French Toast, Pears and Milk | Crackers and Carrots with Ranch | Alfredo Pasta with Broccoli, Apples and Milk | Rice Krispy Treats and Milk |
| Thursday January 25 | Eggs, Apples and Milk | Goldfish and Milk | Biscuits & Gravy, Baby Carrots, Mandarin Oranges and Milk | Peppers with Ranch and Wheat Thins |
| Friday January 26 | Ham and Cheese Biscuits, Mandarin Orange 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