

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 January 8</b>	Pancakes, Applesauce and Milk	Pretzels and Raisins	Ham, Sweet Potato Fries, Peas and Pineapple with Milk	Peppers, Ranch and Crackers
<b>Tuesday January 9</b>	Eggs or Ham, Pineapple and Milk	Graham Crackers and Milk	Fish sticks, Peas & Carrots, and Applesauce with Milk	Bagels and Cream Cheese
<b>Wednesday January 10</b>	French Toast, Applesauce and Milk	Crackers and Cheese with Water	Salisbury Steak, Mashed Potato & Gravy, Green Beans, Oranges and Milk	Muffins and Milk
<b>Thursday January 11</b>	Eggs, Oranges and Milk	Apple Slices and Sunflower Seed Butter with Water	Grilled Cheese, Tomato Soup, Peaches, Broccoli and Milk	Chips and Salsa
<b>Friday January 12</b>	Muffins, Peaches and Milk	Goldfish and Milk	Goulash, Carrot Sticks with Ranch, Mandarin Oranges and Milk	Lucky Charms and Milk

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

**Week 1**