

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday October 15	Pancakes, Applesauce and Milk	Pretzels and Raisins	Salisbury Steak, Mashed Potato & Gravy, Green Beans, Oranges and Milk	Peppers, Ranch and Crackers
Tuesday October 16	Eggs or Ham, Oranges and Milk	Graham Crackers and Milk	Fish sticks, Peas & Carrots, and Applesauce with Milk	Bagels and Cream Cheese
Wednesday October 17	French Toast, Applesauce and Milk	Crackers and Cheese with Water	Ham, Sweet Potato Fries, Peas and Pineapple with Milk	Muffins and Milk
Thursday October 18	Eggs, Pineapple and Milk	Apple Slices and Sunflower Seed Butter with Water	Grilled Cheese, Tomato Soup, Peaches, Carrots and Milk	Chips and Salsa
Friday October 19	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