

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 October 22</b>	Pancakes, Fruit and Milk	Nutri-Grain Bars and Milk	Chicken Nuggets, Green Beans, Mixed Fruit and Milk	Fried Cheerios with Tomato Juice
<b>Tuesday October 23</b>	Eggs or Ham, Mixed Fruit and Milk	Trail Mix and Milk	Chili, Corn Chips, Cheese, Corn, Peaches and Milk	Cheez-Its, Carrots Sticks and Ranch
<b>Wednesday October 24</b>	French Toast, Peaches and Milk	Graham Crackers and Milk	Teriyaki Chicken, Brown Rice, Peas, Pears and Milk	Fruit Crisp and Milk
<b>Thursday October 25</b>	Eggs, Pears and Milk	Wheat Thins and Cheese Cubes	Spaghetti, Salad with Ranch, Apple Slices and Milk	Peppers and Crackers
<b>Friday October 26</b>	Turkey Sausage, Apples and Milk	Crackers and Cucumber Sticks with Ranch	Soft Taco's with Cheese, Mixed Veggies, Applesauce and Milk	Oyster Crackers and Oranges

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

**Week 2**