

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday October 8	Pancakes, Applesauce and Milk	Pretzels and Carrot Sticks	Cheese Pizza, Corn, Pears and Milk	Cheese and Crackers
Tuesday October 9	Eggs, Ham or Toast, Pears and Milk	Bagels with Cream Cheese	Chicken Parm, Peas, Peaches and Milk	Chees-Its and Milk
Wednesday October 10	French Toast, Peaches and Milk	Nutri-Grain Bars and Milk	Spaghetti, Green Beans, Applesauce and Milk	Fruit Bar and Milk
Thursday October 11	Eggs, Applesauce and Milk	Goldfish and Milk	Chicken Nuggets, Cucumber/Tomato Salad, Banana and Milk	Graham Crackers and Sunflower Seed Butter
Friday October 12	Waffles and Mixed Fruit and Milk	Trail Mix and Milk	Sloppy Joe's, Carrot Sticks, Banana and Milk	Crackers and Cucumbers

Subject to change, with as much notice as possible.

Week 4