

Beginning Steps Weekly Menu

Day of the Week and Date	Breakfast	AM Snack	Lunch	PM Snack
Monday September 9	Pancakes, Applesauce and Milk	Pretzels and Carrot Sticks	Cheese Pizza, Corn, Pears and Milk	Graham Crackers and Sunflower Seed Butter
Tuesday September 10	Eggs, Ham or Toast, Pears and Milk	Bagels with Cream Cheese	Macaroni and Cheese Peas, Peaches and Milk	Chees-Its and Milk
Wednesday September 11	French Toast, Peaches and Milk	Nutri-Grain Bars and Milk	Spaghetti, Green Beans, Applesauce and Milk	Cookie Bar and Milk
Thursday September 12	Eggs, Applesauce and Milk	Goldfish and Milk	Chicken Nuggets, Cucumber/Tomato Salad, Banana and Milk	Cheese and Crackers
Friday September 13	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