



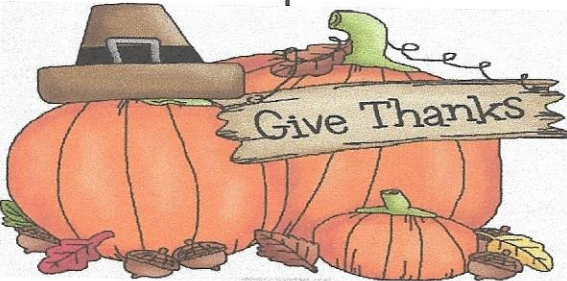



November 2017 First Steps Lunch Menu

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Cream Tuna on Toast Peas Apricots Milk</p>	<p>2</p> <p>Chicken Rice Soup Crackers Ham Sandwich Fruit Milk</p>	<p>3</p> <p>Chicken Quesidillas Tator Tots Ketchup Sugar Snap Peas with Ranch Milk</p>
<p>6</p> <p>Beans and Wieners Cooked Carrots Jelly Bread Milk</p>	<p>7</p> <p>Sausage Rice Hotdish Steamed Cauliflower Peaches Milk</p>	<p>8</p> <p>Cowboy Hotdish Corn Bread and Butter Milk</p>	<p>9</p> <p>Spaghetti Soup Crackers Cheese Sandwich Fruit Milk</p>	<p>10</p> <p>Hot Dogs French Fries Ketchup Pickles Milk</p>
<p>13</p> <p>Pancakes Syrup Sausage Mandarin Oranges Milk</p>	<p>14</p> <p>Chicken Gravy over Rice Beets Pears Milk</p>	<p>15</p> <p>Beef Noodle Hotdish Wax Beans Bread and Butter Milk</p>	<p>16</p> <p>Baked Potato Soup Crackers Jelly Sandwich Fruit Milk</p>	<p>17</p> <p>Pepperoni Pizza 1/2 Banana Broccoli with Ranch Milk</p>
<p>20</p> <p>Hamburger Rice Hotdish Cream Corn Plums Milk</p>	<p>21</p> <p>Spaghetti Garlic Toast Lettuce with Red Ranch Dressing Milk</p>	<p>22</p> <p>Sausage Alfredo Green Beans Fruit Cocktail Milk</p>	<p>23</p> <p>HAPPY THANKSGIVING</p> <p>First Steps Closed</p> 	<p>24</p> <p>Turkey Wraps Celery & Carrot Sticks with Ranch Fruit Milk</p>
<p>27</p> <p>Meatballs & Gravy Mashed Potatoes Peas & Carrots Sliced Apples Milk</p>	<p>28</p> <p>Pizza Burgers Sweet Potatoes Pineapple Tidbits Milk</p>	<p>29</p> <p>Egg Bake with Ham, Hash Browns & Cheese Buttered Toast Applesauce Milk</p>	<p>30</p> <p>Turkey Noodle Soup Crackers Bologna Sandwich Fruit Milk</p>	

Snack List

November 2017

Mon	Tue	Wed	Thu	Fri
		1 AM Snack Graham Grips Juice PM Snack Fruit and Crackers Water	2 AM Snack Rice Cakes Milk PM Snack Trix Bars Water	3 AM Snack Cereal Mix Water PM Snack Ritz Bitz with Cheese Juice
6 AM Snack Quick Snack Mix Water PM Snack Animal Crackers Juice	7 AM Snack Fruit and Crackers Water PM Snack Chicken Bite Crackers Juice	8 AM Snack Donut Holes Milk PM Snack Cheese and Crackers Water	9 AM Snack Pretzels Juice PM Snack Whole Grain Snack Mix / Milk	10 AM Snack Whales Juice PM Snack Puffcorn Water
13 AM Snack Granola Bars Milk PM Snack Fruit and Crackers Water	14 AM Snack Cheese Nips Juice PM Snack Soft Breadsticks Water	15 AM Snack Summer Sausage & Crackers / Water PM Snack Party Mix Juice	16 AM Snack Vanilla Wafers Juice PM Snack Muffins Milk	17 AM Snack Teddy Grahams Juice PM Snack Fire Crackers Water
20 AM Snack Ranch Oyster Crackers / Juice PM Snack Veggie Straws Water	21 AM Snack Bagels Milk PM Snack White Cheddar Crackers / Juice	22 AM Snack Fruit and Crackers Water PM Snack Cinnamon Sugar Cheerios / Juice	23 HAPPY THANKS FRIDAY 	24 AM Snack Raisins Milk PM Snack Wheat Thins Juice
27 AM Snack Multi Grain Straws Milk PM Snack Fish Shaped Grahams Juice	28 AM Snack Seasoned Pretzels Juice PM Snack Fruit and Crackers Water	29 AM Snack Fig Neutons Milk PM Snack Soft Pretzels / Dip Water	30 AM Snack Townhouse Crackers Juice PM Snack Fruit Snacks Milk	