


October 2019 First Steps Lunch Menu

Mon	Tue	Wed	Thu	Fri
	1 Scalloped Potatoes with Ham Beets Bread & Butter Milk	2 Taco Casserole Steamed Broccoli Pears Milk	3 Rainbow Soup Crackers Turkey Sandwich Fruit Milk	4 Chicken Quesidilla Tator Tots Cauliflower with Ranch Ketchup Milk
7 Beans & Wieners Cooked Carrots Jelly Bread Milk	8 French Toast Syrup Sausage Links Mandarin Oranges Milk	9 Sloppy Joe Pasta Lettuce with Red Ranch Dressing Peaches Milk	10 Vegetable Noodle Soup Crackers Bologna Sandwich Fruit Milk	11 Hamburgers French Fries Broccoli /w Ranch Ketchup Milk
14 Sausage Alfredo Green Beans Bread & Butter Milk	15 Meatballs w/ Gravy Mashed Potatoes Corn Milk	16 Scrambled Eggs Sausage Links Buttered Toast Applesauce Milk	17 Tomato Rice Soup Crackers Grilled Cheese Sandwich Fruit Milk	18 Hot Dogs Potato Wedges Ketchup 1/2 Banana Milk
21 Creamed Tuna on Toast Peas Sliced Apples Milk	22 Cowboy Hotdish Wax Beans Bread & Butter Milk	23 Chicken Gravy over Rice Mixed Vegetables Fruit Milk	24 Turkey Noodle Soup Crackers Ham Sandwich Fruit Milk	25 Turkey Wraps Carrot Sticks w/ Ranch Fruit Milk
28 Hamburger Noodle Hotdish Cream Corn Bread & Butter Milk	29 Sausage Gravy over Buttermilk Biscuits Peas & Carrots Pineapple Milk	30 Spaghetti Garlic Toast Lettuce with Red Ranch Dressing Milk	31 Chicken Rice Soup Crackers Chicken Salad Sandwich Fruit Milk	

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First Steps Snack Menu

Mon	Tue	Wed	Thu	Fri
	1 AM Snack Animal Crackers Juice PM Snack Seasoned Pretzels Water	2 AM Snack Honey Comb Milk PM Snack Quick Snack Mix Water	3 AM Snack Ranch Oyster Crackers/ Juice PM Snack Soft Pretzel w/ Dip Water	4 AM Snack Trix Bars Water PM Snack Cheese Nips Juice
7 AM Snack Donut Holes Milk PM Snack Veggie Straws Water	8 AM Snack Garlic Cheerios Juice PM Snack Fruit & Crackers Water	9 AM Snack Cereal Mix Water PM Snack Granola Bars Milk	10 AM Snack White Cheddar Crackers / Juice PM Snack Soft Breadsticks Water	11 AM Snack Applesauce Water PM Snack Graham Grips Juice
14 AM Snack Fruit & Crackers Water PM Snack Whole Grain Snack Mix/ Milk	15 AM Snack Cinnamon Sugar Cheerios / Juice PM Snack Summer Sausage & Crackers/ Water	16 AM Snack Pretzels Water PM Snack Whales Juice	17 AM Snack Bagels Milk PM Snack Cheeseballs Water	18 AM Snack Yogurt Water PM Snack Fig Neutons Milk
21 AM Snack Cheese & Crackers Water PM Snack Teddy Grahams Juice	22 AM Snack English Muffins Milk PM Snack Fruit & Crackers Water	23 AM Snack Strawberry Cream Cheese Wraps / Milk PM Snack Popcorn Water	24 AM Snack Frosted Grahams Water PM Snack Party Mix Juice	25 AM Snack Fruit Snacks Milk PM Snack Puffcorn Water
28 AM Snack Raisins Milk PM Snack Goldfish Grahams Juice	29 AM Snack Vanilla Wafers Juice PM Snack Fire Crackers Water	30 AM Snack Fruit & Crackers Water PM Snack Rice Cakes Milk	31 AM Snack Ritz Bitz w/ Cheese Juice PM Snack String Cheese & Crackers / Water	