

# September 2020

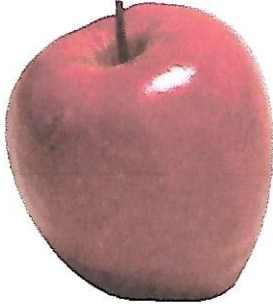

## First Steps Lunch Menu

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Hamburger Bean Bake Cooked Carrots Jelly Bread Milk	<b>2</b> Sausage Rice Hotdish Beets Peaches Milk	<b>3</b> Baked Potato Soup Crackers Ham Sandwich Fruit Milk	<b>4</b> Fish Sticks Spudsters Ketchup Cauliflower with Ranch Milk
<b>7</b> Labor Day First Steps Closed 	<b>8</b> Grilled Ham and Cheese Seasoned Rice Fruit Cocktail Milk	<b>9</b> Macaroni and Cheese Lettuce with Red Ranch Dressing Pears Milk	<b>10</b> Chicken Rice Soup Crackers Chicken Salad Sandwich Fruit Milk	<b>11</b> Hot Dogs French Fries Ketchup Cucumber & Green Pepper Slices / Ranch Milk
<b>14</b> Hamburger Gravy over Rice Wax Beans Apricots Milk	<b>15</b> Pancakes Syrup Sausage Links Mandarin Oranges Milk	<b>16</b> Tuna Melts Buttered Noodles Sliced Apples Milk	<b>17</b> Spaghetti Soup Crackers Cheese Sandwich Fruit Milk	<b>18</b> Chicken Quesidillas Tator Tots Ketchup Carrot Sticks with Ranch Milk
<b>21</b> Scalloped Potatoes with Ham Peas Bread and Butter Milk	<b>22</b> Chicken Gravy over Mashed Potatoes Green Beans 1/2 Banana Milk	<b>23</b> Spaghetti Garlic Toast Lettuce with Red Ranch Dressing Milk	<b>24</b> Cheeseburger Soup Crackers Bologna Sandwiches Fruit Milk	<b>25</b> Mini Corn Dogs Potato Wedges Ketchup Sugar Snap Peas with Ranch Milk
<b>28</b> Egg Bake with Ham, Hashbrowns and Cheese Buttered Toast Applesauce Milk	<b>29</b> Hamburger Noodle Hotdish Corn Pineapple Tidbits Milk	<b>30</b> Chicken Alfredo Mixed Vegetables Bread and Butter Milk		



# Snack List

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Mon	Tue	Wed	Thu	Fri
	<b>1</b> AM Snack Ranch Oyster Crackers / Juice PM Snack Cheeseballs Water	<b>2</b> AM Snack Poptarts Milk PM Snack Fruit and Crackers Water	<b>3</b> AM Snack Cereal Mix Water PM Snack Animal Crackers Juice	<b>4</b> AM Snack Graham Grips Water PM Snack Whole Grain Snack Mix / Milk
<b>7</b> <b>LABOR DAY</b>  <b>First Steps            Closed</b>	<b>8</b> AM Snack Fruit and Crackers Water PM Snack Granola Bars Milk	<b>9</b> AM Snack Chicken in a Biscuit Juice PM Snack Applesauce Water	<b>10</b> AM Snack Honeycomb Milk PM Snack Veggie Straws Water	<b>11</b> AM Snack String Cheese and Crackers / Water PM Snack Teddy Graham Juice
<b>14</b> AM Snack Rice Cakes Milk PM Snack Fruit and Crackers Water	<b>15</b> AM Snack Vanilla Wafers Juice PM Snack Fire Crackers Water	<b>16</b> AM Snack Whales Juice PM Snack Nutri-Grain Bars Milk	<b>17</b> AM Snack Yogurt Water PM Snack Party Mix Juice	<b>18</b> AM Snack Fish Shaped Graham Juice PM Snack Puffcorn Water
<b>21</b> AM Snack Donut Holes Milk PM Snack Trix Bars Water	<b>22</b> AM Snack Cheese and Crackers Water PM Snack Seasoned Pretzels Juice	<b>23</b> AM Snack White Cheddar Crackers / Juice PM Snack Soft Pretzels / Dip Water	<b>24</b> AM Snack Fig Newtons Milk PM Snack Soft Breadsticks Water	<b>25</b> AM Snack English Muffins Milk PM Snack Fruit and Crackers Water
<b>28</b> AM Snack Cheese Nips Juice PM Snack Popcorn Water	<b>29</b> AM Snack Fruit and Crackers Water PM Snack Duplex Cookies Milk	<b>30</b> AM Snack Bagels Milk PM Snack Summer Sausage and Crackers / Water	