
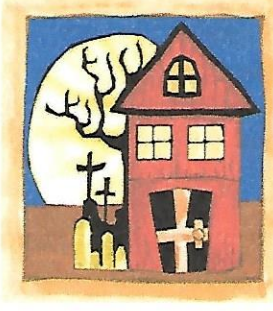




# October 2020

## First Steps Lunch Menu

Mon	Tue	Wed	Thu	Fri
			1 Knoephla Soup Crackers Turkey Sandwich Fruit Milk	2 Sloppy Joes French Fries Ketchup Pickles Milk
5 Beef Noodle Hotdish Beets Bread and Butter Milk	6 Sausage Gravy over Buttermilk Biscuits Mixed Vegetables Applesauce Milk	7 French Toast Syrup Polish Sausage Mandarin Oranges Milk	8 Chili Crackers Cheese Sandwich Fruit Milk	9 Clean Out The Freezer Potato Wedges Sugar Snap Peas with Ranch Milk
12 Chicken Gravy over Rice Steamed Broccoli Pears Milk	13 Sausage Alfredo Green Beans Apricots Milk	14 Pizza Burgers Irish Potatoes Peaches Milk	15 Rainbow Soup Crackers Bologna Sandwich Fruit Milk	16 Ham Wraps Carrot Sticks with Ranch Fruit Milk
19 Beans and Wieners Cooked Carrots Jelly Bread Milk	20 Cream Tuna on Toast Peas Fruit Cocktail Milk	21 Hamburger Gravy over Mashed Potatoes Corn Pineapple Tidbits Milk	22 Tomato Soup Crackers Grilled Cheese Sandwich Fruit Milk	23 Hamburgers Tator Tots Ketchup Cucumbers with Ranch Milk
26 Taco Casserole Cream Corn Sliced Apples Milk	27 Ham & Hashbrown Casserole Wax Beans Bread and Butter Milk	28 Spaghetti with Meatballs Lettuce with Red Ranch Dressing Garlic Toast Milk	29 Turkey Noodle Soup Crackers Chicken Salad Sandwich Fruit Milk	30 Pizza 1/2 Banana Broccoli with Ranch Milk



# Snack List October 2020

Mon	Tue	Wed	Thu	Fri
			<b>1</b> AM Snack Cereal Mix Water PM Snack Ranch Oyster Crackers / Juice	<b>2</b> AM Snack Cheeseballs Water PM Snack Honeycomb Milk
<b>5</b> AM Snack Animal Crackers Juice PM Snack Veggie Straws Water	<b>6</b> AM Snack Fruit and Crackers Water PM Snack Poptarts Milk	<b>7</b> AM Snack Ritz Bitz with Cheese Juice PM Snack Graham Grips Water	<b>8</b> AM Snack Trix Bars Water PM Snack Whole Grain Snack Mix / Milk	<b>9</b> AM Snack String Cheese with Crackers / Water PM Snack Seasoned Pretzels Juice
<b>12</b> AM Snack Granola Bars Milk PM Snack Fruit and Crackers Water	<b>13</b> AM Snack Cheese and Crackers Water PM Snack Whales Juice	<b>14</b> AM Snack Applesauce Water PM Snack Rice Cakes Milk	<b>15</b> AM Snack Vanilla Wafers Juice PM Snack Soft Breadsticks Water	<b>16</b> AM Snack Puffcorn Water PM Snack Fish Shaped Graham's Juice
<b>19</b> AM Snack Cheese Nips Juice PM Snack Fruit Snacks and Crackers / Water	<b>20</b> AM Snack Pretzels Water PM Snack Duplex Cookies Milk	<b>21</b> AM Snack Fruit and Crackers Water PM Snack Cinnamon Sugar Cheerios / Juice	<b>22</b> AM Snack Donut Holes Milk PM Snack Jello Water	<b>23</b> AM Snack Yogurt Water PM Snack Chicken in a Biscuit Juice
<b>26</b> AM Snack Bagels Milk PM Snack Fruit and Crackers Water	<b>27</b> AM Snack Summer Sausage and Crackers / Water PM Snack Party Mix Juice	<b>28</b> AM Snack Nutri Grain Bars Milk PM Snack Soft Pretzels / Dip Water	<b>29</b> AM Snack Frosted Graham Crackers / Water PM Snack Fig Newtons Milk	<b>30</b> AM Snack White Cheddar Crackers / Juice PM Snack Fire Crackers Water