



# Step by Step®

## Weekly Menus

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>  <b>7:30 – 8:30</b>	Cheerios  Banana  Milk	<u>Oatmeal Wheat Pancakes</u>  <u>Papaya</u>  <u>Milk</u>	Life Cereal  Peach slices  Milk	Scrambled eggs & Toast Blueberries  Milk	Rice Crispi's  Apple  Milk
<b>Lunch</b>  <b>11:00 – 11:30</b>	Chicken, French Fries, Corn, Roll Bread, Milk	Tuna Salad, Peas, Applesauce, Wheat Bread, Milk	Turkey, Carrots, Apples, White Bread, Milk	Ground beef Spaghetti Cucumber/tomato Garlic Bread Milk	Chicken Red Beans Rice Potato Milk
<b>Snack</b>  <b>2:30 – 3:30</b>	Peanut Butter Sandwich, Milk	Cheese, Ritz Crackers Juice	<b>Cheese Cubes</b> Pineapple Rounds	Yogurt and Strawberries	Bologna, Saltine Crackers