



*First Steps Menu - 15 Day Cycle, Days 1-5*

Day	Morning Snack	Lunch	Afternoon Snack
1	Seasonal Fruit, Whole Grain Cereal, Milk	Beef Chili with Beans Pita Crisps Carrots & Celery Seasonal Fruit	Banana Bread Seasonal Fruit
2	Seasonal Fruit Natural Yogurt	Egg Muffins with cheese, Mixed Vegetables, Whole Wheat Bread Seasonal Fruit	Vegetable Wheat Crackers Raw Veggie Sticks Milk
3	Seasonal Fruit Homemade Muffins Milk	Chicken Quesadilla on Whole Wheat Tortilla Baked Beans, Raw Vegetables, Seasonal Fruit	Homemade Bits and Bites Seasonal Fruit
4	Cinnamon Toast, Seasonal Fruit, Milk	Tofu Stir Fry with Carrots and Broccoli, Whole Grain Rice, Seasonal Fruit	Rice Crackers, Seasonal Fruit
5	Homemade Granola Bars, Seasonal Fruit	Tuna Casserole with Whole Wheat noodles, Tossed Salad, Seasonal Fruit	Homemade Cookies, Seasonal Fruit, Milk

Note: Milk is served with every Lunch

6	Oatmeal and Berries, Milk	Double Cheese Macaroni with Diced Ham, Raw Vegetables, Seasonal Fruit	Yogurt and Homemade Granola, Seasonal Fruit
7	Whole Wheat English Muffins, Seasonal Fruit, Milk	Shepherd's Pie with mixed vegetables, Whole wheat roll, Seasonal Fruit	Whole Wheat Crackers, Raw vegetables
8	Whole Wheat Bagels with Apple Butter, Seasonal Fruit	Mexican Rice and Bean Casserole, Raw Vegetables, Seasonal Fruit	Homemade Muffins, Seasonal Fruit, Milk
9	Whole Grain Waffles, Seasonal Fruit, Milk	Chicken Pitas, Potato Wedges, Greek Salad, Seasonal Fruit	Rice Cakes, Seasonal Fruit
10	Homemade Biscuits, Seasonal Fruit	Scrambled Eggs with Cheese, Mixed Vegetables, Whole Wheat Bread, Seasonal Fruit	Cheerios, Seasonal Fruit, Milk

**Note: Milk is served with every lunch**

11	<b>Graham Crackers, Seasonal Fruit, Milk</b>	<b>Minestrone Soup Carrot, Celery, Whole Wheat Bun, Seasonal Fruit</b>	<b>Hummus Spirals, Raw Vegetables</b>
12	<b>No Bake Energy Bites, Seasonal Fruit</b>	<b>Beef Lasagna, Coleslaw, Seasonal Fruit</b>	<b>Pita Chips, Seasonal Fruit, Milk</b>
13	<b>Rice Cakes, Seasonal Fruit, Milk</b>	<b>Tuna and/or Egg on Whole Wheat Bread , Garden Salad, Seasonal Fruit</b>	<b>Goldfish Crackers, Raw Veggie Sticks</b>
14	<b>Homemade Muffins, Seasonal Fruit</b>	<b>Chicken Parmesan, Whole Grain Rice, Cooked Broccoli, Fruit Yogurt Cones and Berries</b>	<b>Whole Wheat Bagel with Cream Cheese, Seasonal Fruit, Milk</b>
15	<b>Whole Grain Cereal, Seasonal Fruit, Milk</b>	<b>Pizza on Whole Wheat, Muffins, Low Sodium Ham, Pineapple and Vegetable Sticks, Seasonal Fruit</b>	<b>Fruit Smoothies Whole Grain Low Sodium Crackers</b>

**Note: Milk is served with every lunch**