

First Step Day Care Menu
October 2025

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY 1</i>	<i>THURSDAY 2</i>	<i>FRIDAY 3</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH:	LUNCH:	Life (WGR), appleslices, milk LUNCH: Chicken ceasar salad, rolls, cantaloupe, milk	Waffles, bananas, milk LUNCH: Cheese pizza, broccoli, grapes, milk	Cheerios (WGR), orange slices, milk LUNCH: Pulled pork, yellow rice, peas, clementine, milk
SNACK:	SNACK:	SNACK: Animal crackers, Milk	SNACK: Wheat Thins (WGR), Cheese sticks	SNACK: Goldfish, 100 % Juice
BREAKFAST 6	BREAKFAST 7	BREAKFAST 8	BREAKFAST 9	BREAKFAST 10
Multigrain cheerios (WGR), fruitcocktail, milk LUNCH: Baked ziti w/ G.B, green beans, mandarin oranges, milk SNACK: Ritz crackers, Sunbutter	Bagels w/ cream cheese, strawberries, milk LUNCH: Ham/Turkey subs, salad, cantaloupe, milk SNACK: Toasted crackers (WGR), Cubed cheese	Rice Chex (WGR), blueberries, milk LUNCH: Spaghetti w/ meatballs, broccoli, pineapple, milk SNACK: Yogurt, Apple slices	French toast sticks, apple sauce, milk LUNCH: Chicken rice bake, mixed veggies, orange slices, milk SNACK: Rice cakes (WGR), Milk	Corn chex (WGR), clementine, milk LUNCH: Fish sticks, buttered noddles, peas, grapes, milk SNACK: Sweet peppers, Baby carrots
BREAKFAST 13	BREAKFAST 14	BREAKFAST 15	BREAKFAST 16	BREAKFAST 17
CLOSED LUNCH: CLOSED SNACK: CLOSED	Oatmeal (WGR), peaches, milk LUNCH: Mac "n" cheese, broccoli, pineapple, milk SNACK: Animal crackers, Milk	Brand flakes (WGR), orange slices, milk LUNCH: Goulash w/ G.T, peas & carrots, kiwi, milk SNACK: Blueberry muffins, 100% Juice	English muffins w/ butter, bananas, milk LUNCH: Meatloaf w/ G.B, mashed potato, carrots, cantaloupe, milk SNACK: Wheat thins (WGR), Milk	Kix (WGR), grapes, milk LUNCH: Chicken nuggets, yellow rice, mixed veggies, clementine, milk SNACK: Ritz crackers, Sunbutter
BREAKFAST 20	BREAKFAST 21	BREAKFAST 22	BREAKFAST 23	BREAKFAST 24
Cornflakes, peaches, milk LUNCH: Beef Picadillo w/ rice, tomato, bell peppers, fruit cocktail, milk SNACK: Belvita crackers (WGR), Milk	Pancakes, strawberries, milk LUNCH: Cheese tortellini, w/ G.T, broccoli, kiwi, milk SNACK: Rice cakes (WGR), 100% Juice	Life (WGR), apple slices, milk LUNCH: Chicken nuggets, dinner rolls, corn, clementine, milk SNACK: Celery, Applesauce	Waffles, bananas, milk LUNCH: Red beans and rice w/ stew chicken, grapes, milk SNACK: Toasted crackers (WGR), Cheese sticks	Wheaties (WGR), cantaloupe, milk LUNCH: Mac "n" cheese, carrots, blueberries, milk SNACK: Broccoli, 100% Juice
BREAKFAST 27	BREAKFAST 28	BREAKFAST 29	BREAKFAST 30	BREAKFAST 31
Post shedded wheat (WGR), pineapple, milk LUNCH: Cheese ravioli w/ G.T, peas, mandarin oranges, milk SNACK: Cheese itz, Milk	Croissant w/ butter, apple slices, milk LUNCH: Chicken fettuccine alfredo, broccoli, pears, milk SNACK: Chex mix (WGR), 100% juice	Kix (WGR), orange slices, milk LUNCH: Ham and Turkey subs, salad, cantaloupe, milk SNACK: Cottage cheese Peaches	Bagel w/ cream cheese, fruit cocktail, milk LUNCH: Beef soup w/ carrots, potato, spooky noddles, bananas, milk SNACK: Triscuits (WGR), Milk	Multi-Grain cheerios (WGR), applesauce, milk LUNCH: Hot dog on a bun, baked beans, kiwi, milk SNACK: Yogurt, Animal crackers

MENU SUBJECT TO CHANGE
100% JUICE SERVED

GB = Ground Beef; GT = Ground Turkey
WGR = Whole Grain Requirement

WHOLE MILK- 1-2 YEARS OLD
1% MILK - 3-5 YEARS OLD
SOY MILK - CHILDREN WITH ALLERGIES