



CHEF-PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>a.m. Biscuit w/ Jam 1</p> <p>Chicken & Cheese Casserole W/ Brown Rice Green Beans Diced Pears</p> <p>p.m. Cheese Slices w/ Crackers</p>	<p>a.m. Bagel and Cream Cheese 2</p> <p>Ham, Veggie, Potato Bake Whole Wheat Bread Chopped Broccoli Pineapples</p> <p>p.m. Pretzels & Apple Sauce</p>	<p>a.m. Whole Grain Waffle 3</p> <p>Lean Beef Bake w/ Fresh Tomato W/ Brown Rice Diced Carrots Apple Sauce</p> <p>p.m. Rice Cakes</p>	<p>a.m. Egg & Spinach Bake 4</p> <p>Chicken Pot Pie Fresh Baked Biscuits Salad w/ Tomatoes & Cheese & Low Fat Ranch Peaches</p> <p>p.m. Bananas</p>	<p>a.m. Wheat Cheese Toast 5</p> <p>Bean & Cheese Burritos Corn Kernels Orange Slices Pita Bread & Hummus</p> <p>p.m. Seasonal Fruit</p>
<p>a.m. Multi Grain Cheerios 8</p> <p>Scalloped Potato & Lean Beef Bake Whole Wheat Bread Sweet Peas Mandarin Oranges</p> <p>p.m. Baked Cheese Crackers</p>	<p>a.m. Fruit Muffins 9</p> <p>Fiesta Chicken Casserole W/ Brown Rice Asparagus Diced Pears</p> <p>p.m. Chex Cereal Squares</p>	<p>a.m. Low Fat Yogurt 10</p> <p>Lean Turkey Tacos w/ Cheese Spinach Salad w/ Tomatoes & Lite Italian Dressing Pineapples</p> <p>p.m. Apples</p>	<p>a.m. English Muffins w/ Jam 11</p> <p>Chicken Chili Bake Over Brown Rice Peas and Carrots Mixed Fruit</p> <p>p.m. Cucumbers & Carrot w/ Low Fat Ranch</p>	<p>a.m. Cinnamon Biscuits 12</p> <p>Lite Chicken Divan Whole Wheat Bread Cauliflower Bananas</p> <p>p.m. Watermelon</p>
<p>a.m. Biscuits w/ Jam 15</p> <p>Chicken & Squash Casserole Over Brown Rice Snap Peas Peaches</p> <p>p.m. Rice Cakes</p>	<p>a.m. Bagel and Cream Cheese 16</p> <p>Tuna Noodle & Veggie Casserole Zucchini Mandarin Oranges</p> <p>p.m. Apple Sauce</p>	<p>a.m. Whole Grain Waffle 17</p> <p>Chicken, Cheese & Spinach Bake w/ Brown Rice Yellow Squash Mixed Fruit</p> <p>p.m. Oranges</p>	<p>a.m. Egg, Ham 18</p> <p>& Cheese Bake Chicken & Veggie Wraps Salad w/ Tomatoes & Cheese (Low Fat Ranch) Pineapple</p> <p>p.m. Cauliflower & Broccoli w/ Ranch</p>	<p>a.m. Bananas 19</p> <p>Chicken & Spinach Bake Corn Kernels & Diced Tomatoes Apple Slices</p> <p>p.m. Toasted Cheese Roll Ups</p>
<p>a.m. Chex Cereal Squares 22</p> <p>Baked Chicken & Stuffing Whole Wheat Bread Brussel Sprouts Diced Pears</p> <p>p.m. Fruit & Grain Bars</p>	<p>a.m. Fruit Muffins 23</p> <p>Green Chicken Chilli Casserole W/ Brown Rice Green Beans Pineapples</p> <p>p.m. Multi Grain Cheerios</p>	<p>a.m. Low Fat Yogurt & Berries 24</p> <p>Lean Turkey Goulash Spinach Salad w/ Tomatoes & Lite Italian Dressing Apple Sauce</p> <p>p.m. Rice Cakes</p>	<p>a.m. Cinnamon Biscuits 25</p> <p>Teriyaki Chicken w/ Brown Rice Chopped Broccoli Peaches</p> <p>p.m. Bananas</p>	<p>a.m. English Muffins/ Jam 26</p> <p>Turkey & Cheese Toasted Sandwiches Whole Wheat Bread Diced Carrots Orange Slices</p> <p>p.m. Apple Sauce</p>
 <p>Closed in observance of MEMORIAL DAY</p>	<p>a.m. Bagel and Cream Cheese 30</p> <p>Chicken, Spinach & Cheese Enchiladas w/ Corn Tortillas Zucchini Diced Pears</p> <p>p.m. Apple Sauce</p>	<p>a.m. Whole Grain Waffle 31</p> <p>Shepherd's Pie w/ Lean Beef Whole Wheat Bread Green Beans Pineapples</p> <p>p.m. Oranges</p>	 <p><i>Happy Mother's Day!</i></p>	



May 2017

Open Enrollment Day!

Join us **Thursday, May 18th**, as we host our Open Enrollment Day across our Stepping Stone School campuses!

We invite you to:

- Read a book to a classroom
- Have a snack or lunch with your child
- Participate in a craft with your child

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



DOWNLOAD MENU
TO YOUR PHONE

- All varieties of dairy are low fat & made from reduced fat / 2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.