

CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
		a.m. Multigrain Cheerios Potato Beef Bake Whole Wheat Bread Asparagus Mandarin Oranges p.m. Cheese & Tomato Quesadilla	a.m. Wheat Cheese Toast Green Chili Chile Chicken Casserole Corn Bread Tomato & Cheese Salad (Italian Dressing) p.m. Peaches and Cottage Cheese Dip	a.m. Oatmeal w/Blueberries Vegetable Soup Toasted Cheese Sandwiches Zucchini Peaches p.m. Apple Slices
7	8	9	10	11
a.m. Biscuits w/ Fruit Jam Chicken & Cheese Casserole Brown Rice Green Beans Pears p.m. Fruit and Grain Bars	a.m. Whole Grain Waffles Tuna Noodle Casserole Whole Wheat Pasta Broccoli Mandarin Oranges p.m. Cheese Slices & Baby Carrots w/ Ranch	a.m. Chex Cereal Squares Soft Tacos with Lean Beef Flour Tortilla Tomato & Cheese Salad (Italian Dressing) Apple Slices p.m. Baked Cheese Crackers	a.m. Low Fat Yogurt Chicken Cacciatore Whole Grain Pasta Corn Melons p.m. Pita Bread and Hummus	a.m. Bagels w/ Cream Cheese Three Bean Soup Corn Bread Peas Mixed Fruit p.m. Pretzels
14	15	16	17	18
a.m. English Muffins w/ Fruit Jam Chicken & Cheese Enchiladas Bake Corn Tortillas Snap Peas Pineapple p.m. Rice Cakes	a.m. Whole Grain Pancakes Turkey Tetrazzini Casserole Whole Wheat Pasta Asparagus Apple Sauce p.m. Baked Cheese Crackers	a.m. Multigrain Cheerios Lean Beef & Fresh Tomato Bake Brown Rice Green Beans Mandarin Oranges p.m. Peaches & Cottage Cheese Dip	a.m. Pumpkin Spiced Oatmeal Chicken Noodle Casserole Whole Wheat Pasta Tomato & Cheese Salad (Low Fat Ranch) Bananas p.m. Cheese & Tomato Quesadilla	a.m. Wheat Cheese Toast Veggie & Potato Bake Whole Wheat Bread Zucchini Peaches p.m. Apple Slices
21	22	23	24	25
a.m. Apple Cinnamon Muffins Chicken Pot Pie Biscuits Squash Mandarin Oranges p.m. Baked Cheese Crackers	a.m. Whole Grain Waffles Lean Turkey Goulash Whole Wheat Pasta Carrots Pears p.m. Fruit and Grain Bars	a.m. Yogurt w/ Fresh Berries Shepard's Pie Whole Wheat Bread Broccoli & Kidney Bean Salad Mixed Fruit p.m. Pita Bread and Hummus	a.m. Chex Cereal Squares Lite Chicken Divan Whole Wheat Bread Mixed Veggies Apple Slices p.m. Cheese Slices & Cucumbers w/ Ranch	a.m. Bagels w/ Cream Cheese Bean & Cheese Tacos Flour Tortillas Green Beans Melon p.m. Pretzels
28	29	30	31	
a.m. Biscuits w/ Fruit Jam Fiesta Chicken Casserole Brown Rice Corn w/ Fresh Tomatoes Apple Sauce p.m. Baked Cheese Crackers	a.m. Whole Grain Pancakes Cod Fish Filet Whole Wheat Bread Mixed Veggies Pineapple p.m. Rice Cakes	a.m. Oatmeal w/ Blueberries Lean Beef Meat Loaf Whole Wheat Bread Mashed Potatoes & Peas Peaches p.m. Cheese & Tomato Quesadilla	a.m. Multigrain Cheerios Chicken, Spinach & Cheese Enchiladas Corn Tortillas Asparagus Mandarin Oranges p.m. Peaches & Cottage Cheese Dip	



January
2019

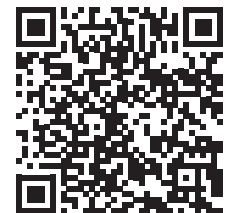
Discovery Day!

Join us Thursday, January 17th, as we host our Discovery 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.
- Children under two are served soft fruit and veggies in place of fresh.
- Children under two are served cheerios in place of pretzels.