

# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>a.m. Wheat Cheese Toast  <b>Vegetarian Bow Tie Pasta</b>  <b>Garlic Bread</b>  <b>Broccoli &amp; Kidney Bean Salad</b>  <b>Bananas</b>                      p.m. Apple Slices</p>
<p>4</p> <p>a.m. English Muffins w/ Fruit Jam  <b>Cheesy Chicken &amp; Spinach Casserole</b>  <b>Brown Rice</b>  <b>Zucchini Peas</b>                      p.m. Fruit and Grain Bars</p>	<p>5</p> <p>a.m. Whole Grain Waffles  <b>Turkey Marinara with Spaghetti</b>  <b>Garlic Bread</b>  <b>Green Beans</b>  <b>Mandarin Oranges</b>                      p.m. Baked Cheese Crackers</p>	<p>6</p> <p>a.m. Chex Cereal Squares  <b>Spinach &amp; Chicken Noodle Cassarole</b>  <b>Toasted Garlic Bread</b>  <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b>  <b>Apples</b>                      p.m. Cheese Slices &amp; Baby Carrots</p>	<p>7</p> <p>a.m. Low Fat Yogurt  <b>Bow Tie Lasagna Bake</b>  <b>Whole Wheat Pasta</b>  <b>Broccoli</b>  <b>Melon</b>                      p.m. Pita Bread and Hummus</p>	<p>8</p> <p>a.m. Bagels w/ Cream Cheese  <b>Veggie Stir fry</b>  <b>Brown Rice</b>  <b>Snap Peas</b>  <b>Mixed Fruit</b>                      p.m. Pretzels</p>
<p>11</p> <p>a.m. Apple Cinnamon Muffins  <b>Baked Chicken With Stuffing</b>  <b>Broccoli</b>  <b>Pineapple</b>                      p.m. Rice Cakes</p>	<p>12</p> <p>a.m. Whole Grain Pancakes  <b>Turkey &amp; Cheese Sliders</b>  <b>Whole Wheat Bun</b>  <b>Carrots</b>  <b>Apple Sauce</b>                      p.m. Baked Cheese Crackers</p>	<p>13</p> <p>a.m. Multigrain Cheerios  <b>Lean Beef Stroganoff</b>  <b>Whole Wheat Pasta</b>  <b>Tomato &amp; Cheese Salad</b>  <b>Italian Dressing)</b>  <b>Mandarin Oranges</b>                      p.m. Peaches &amp; Cottage Cheese Dip</p>	<p>14</p> <p>a.m. Cinnamon Oatmeal  <b>Teriyaki Chicken</b>  <b>Brown Rice</b>  <b>Peas</b>  <b>Banana</b>                      p.m. Friendship Celebration Snacks</p>	<p>15</p> <p>a.m. Wheat Cheese Toast  <b>Broccoli Cheese Soup</b>  <b>Pita Bread</b>  <b>Mixed Veggies</b>  <b>Peaches</b>                      p.m. Apple Slices</p>
<p>18</p> <p>a.m. Apple Cinnamon Muffins  <b>Mexican Chicken Casserole</b>  <b>Corn Bread</b>  <b>Squash</b>  <b>Mandarin Oranges</b>                      p.m. Baked Cheese Crackers</p>	<p>19</p> <p>a.m. Whole Grain Waffles  <b>Turkey &amp; Spinach Flatbread</b>  <b>Green Beans</b>  <b>Pears</b>                      p.m. Fruit and Grain Bars</p>	<p>20</p> <p>a.m. Yogurt w/ Fresh Berries  <b>Vegetable Beef Soup</b>  <b>Whole Wheat Bread</b>  <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b>  <b>Mixed Fruit</b>                      p.m. Pita Bread and Hummus</p>	<p>21</p> <p>a.m. Chex Cereal Squares  <b>Sesame Chicken Slaw Wraps</b>  <b>Flour Tortillas</b>  <b>Snap Peas</b>  <b>Apples</b>                      p.m. Cheese Slices &amp; Cucumbers w/ Ranch</p>	<p>22</p> <p>a.m. Bagels w/ Cream Cheese  <b>Whole Wheat Fettuccine</b>  <b>Alfredo</b>  <b>Garlic Bread</b>  <b>Broccoli</b>  <b>Melon</b>                      p.m. Pretzels</p>
<p>25</p> <p>a.m. English Muffins w/ Fruit Jam  <b>Chicken Fajitas with Cheese</b>  <b>Flour Tortillas</b>  <b>Corn</b>  <b>Apple Sauce</b>                      p.m. Baked Cheese Crackers</p>	<p>26</p> <p>a.m. Whole Grain Pancakes  <b>Lemon Veggie Pasta</b>  <b>Garlic Bread</b>  <b>Asparagus</b>  <b>Pineapple</b>                      p.m. Cheese Slices and Crackers</p>	<p>27</p> <p>a.m. Pumpkin Spiced Oatmeal  <b>Lean Beef &amp; Bean Chili</b>  <b>Corn Bread</b>  <b>Green Beans</b>  <b>Peaches</b>                      p.m. Cheese &amp; Tomato Quesadilla</p>	<p>28</p> <p>a.m. Wheat Cheese Toast  <b>Calabacin Con Pollo (Squash and Chicken)</b>  <b>Brown Rice</b>  <b>Broccoli &amp; Kidney Bean Salad</b>  <b>Mandarin Oranges</b>                      p.m. Rice Cakes</p>	<p><b>Life is Better with Friends</b></p>



February 2019

Discovery Day!

Join us Thursday, February 21<sup>st</sup>, 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!



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- 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.