


CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>a.m. Multigrain Cheerios Tomato Soup Toasted Cheese Sandwich Mixed Veggies Banana p.m. Apple Slices</p>
				<p>4</p> <p>a.m. Apple Cinnamon Muffins Parmesan Chicken Over Whole Wheat Pasta Carrots Pears p.m. Fruit and Grain Bars</p>
<p>11</p> <p>a.m. Blueberry Muffins Fettuccine Alfredo W/ Chicken Whole Wheat Pasta Broccoli Pineapple p.m. Rice Cakes</p>	<p>12</p> <p>a.m. Whole Grain Pancakes Cod Filet Tacos Corn Tortillas Cabbage Slaw/ Green Beans Apple Sauce p.m. Baked Cheese Crackers</p>	<p>13</p> <p>a.m. Multigrain Cheerios Potato Beef Bake Whole Wheat Bread Asparagus Mandarin Oranges p.m. Cheese & Tomato Quesadilla</p>	<p>14</p> <p>a.m. Wheat Cheese Toast Green Chile Chicken Casserole Corn Bread Tomato & Cheese Salad (Italian Dressing) Banana p.m. Peaches & Cottage Cheese Dip</p>	<p>15</p> <p>a.m. Oatmeal w/ Blueberries Vegetable Soup Toasted Cheese Sandwiches Zucchini Peaches p.m. Apple Slices</p>
<p>18</p> <p>a.m. Biscuits w/ Fruit Jam Chicken & Cheese Casserole Brown Rice Green Beans Pears p.m. Fruit and Grain Bars</p>	<p>19</p> <p>a.m. Whole Grain Waffles Tuna Noodle Casserole Whole Wheat Pasta Broccoli Mandarin Oranges p.m. Cheese Slices & Baby Carrots w/ Ranch</p>	<p>20</p> <p>a.m. Chex Cereal Squares Soft Tacos with Lean Beef Flour Tortilla Tomato & Cheese Salad (Italian Dressing) Apple Slices p.m. Baked Cheese Crackers</p>	<p>21</p> <p>a.m. Low Fat Yogurt Chicken Cacciatore Whole Grain Pasta Corn Melons p.m. Pita Bread and Hummus</p>	<p>22</p> <p>a.m. Bagels w/ Cream Cheese Three Bean Soup Corn Bread Peas Mixed Fruit p.m. Pretzels</p>
<p>25</p> <p>a.m. English Muffins w/ Fruit Jam Chicken & Cheese Enchiladas Bake Corn Tortillas Snap Peas Pineapple p.m. Rice Cakes</p>	<p>26</p> <p>a.m. Whole Grain Pancakes Turkey Tetrazzini Casserole Whole Wheat Pasta Asparagus Apple Sauce p.m. Baked Cheese Crackers</p>	<p>27</p> <p>a.m. Multigrain Cheerios Lean Beef & Fresh Tomato Bake Brown Rice Green Beans Mandarin Oranges p.m. Peaches & Cottage Cheese Dip</p>	<p>28</p> <p>a.m. Cinnamon Spiced Oatmeal Chicken Noodle Casserole Whole Wheat Pasta Tomato & Cheese Salad (Low Fat Ranch) Bananas p.m. Cheese & Tomato Quesadilla</p>	<p>29</p> <p>a.m. Wheat Cheese Toast Veggie & Potato Bake Whole Wheat Bread Zucchini Peaches p.m. Apple Slices</p>



March
2019

Discovery Day!

Join us Thursday, March 21st, 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.