


PREPARED MEALS • HYDE PARK/MUELLER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 a.m. Bagels w/ Cream Cheese Cheese Ravioli Garlic Bread Broccoli Peaches p.m. Pita Bread & Hummus
				4 a.m. English Muffins w/ Fruit Jam Chicken Tacos Flour Tortillas Corn Apple Sauce p.m. Rice Cakes
11 a.m. Fruit and Grain Bars Cheesy Chicken Pasta Garlic Bread Squash Pears p.m. Baked Cheese Crackers	12 a.m. Whole Grain Waffles Mexican Beef Casserole Whole Wheat Bread Carrots Pineapple p.m. Peaches & Cottage Cheese Dip	13 a.m. Low Fat Yogurt w/ Fresh Berries Chicken Enchiladas Flour Tortillas Tomato & Cheese Salad (Low Fat Ranch) Apple Slices p.m. Cauliflower/ Broccoli & Low Fat Ranch	14 a.m. Chex Cereal Squares Sweet and Sour Chicken Whole Wheat Bread Mixed Veggies Mandarin Oranges p.m. Apples	15 a.m. Bagels w/ Cream Cheese Cheese Tortellini Garlic Bread Green Beans Peaches p.m. Pita Bread & Hummus
18 a.m. English Muffins w/ Fruit Jam Fajita Chicken and Rice Flour Tortillas Corn Apple Sauce p.m. Rice Cakes	19 a.m. Whole Grain Pancakes Chicken Stir Fry with Lo Mein Pasta Whole Wheat Bread Mixed Veggies Peaches p.m. Pretzels & Cheese Slices	20 a.m. Multigrain Cheerios Meatballs Garlic Bread Green Beans Pineapple p.m. Cucumbers/ Carrots & Low Fat Ranch	21 a.m. Low Fat Yogurt Texas Ranch Chicken Corn Tortillas Asparagus Melon p.m. Apples & Cheese Slices	22 a.m. Banana Vegetarian Lasagna Garlic Bread Tomato & Cheese Salad (Low Fat Ranch) Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers
25 a.m. Fruit and Grain Bars Cheesy Ranch Chicken Pasta Garlic Bread Green Beans Pears p.m. Baked Cheese Crackers	26 a.m. Whole Grain Waffles Macaroni and Beef w/ Tomato Sauce Whole Wheat Bread Zucchini Pineapple p.m. Peaches & Cottage Cheese Dip	27 a.m. Low Fat Yogurt w/ Fresh Berries Chicken Broccoli Rice Casserole Whole Wheat Bread Tomato & Cheese Salad (Low Fat Ranch) Apple Slices p.m. Cauliflower/ Broccoli & Low Fat Ranch	28 a.m. Chex Cereal Squares Chicken Spaghetti Toasted Garlic Bread Broccoli Mandarin Oranges p.m. Apples	29 a.m. Bagels w/ Cream Cheese Broccoli and Cheese Soup Whole Wheat Bread Corn Peaches p.m. Pita Bread & Hummus



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.