


# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Apple Cinnamon Muffins <b>Chicken Pot Pie</b> <b>Biscuits</b> <b>Squash</b> <b>Mandarin Oranges</b> p.m. Baked Cheese Crackers</p>	<p>2</p> <p>a.m. Whole Grain Waffles <b>Lean Turkey Goulash</b> <b>Whole Wheat Pasta</b> <b>Carrots</b> <b>Pears</b> p.m. Fruit and Grain Bars</p>	<p>3</p> <p>a.m. Yogurt w/ Fresh Berries <b>Shepard's Pie</b> <b>Whole Wheat Bread</b> <b>Broccoli &amp; Kidney Bean</b> <b>Salad</b> <b>Mixed Fruit</b> p.m. Pita Bread and Hummus</p>	<p>4</p> <p>a.m. Chex Cereal Squares <b>Lite Chicken Divan</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Apple Slices</b> p.m. Cheese Slices &amp; Cucumbers w/ Ranch</p>	<p>5</p> <p>a.m. Bagels w/ Cream Cheese <b>Bean &amp; Cheese Tacos</b> <b>Flour Tortillas</b> <b>Green Beans</b> <b>Melon</b> p.m. Pretzels</p>
<p>8</p> <p>a.m. Biscuits w/ Fruit Jam <b>Fiesta Chicken Casserole</b> <b>Brown Rice</b> <b>Corn w/ Fresh Tomatoes</b> <b>Apple Sauce</b> p.m. Baked Cheese Crackers</p>	<p>9</p> <p>a.m. Whole Grain Pancakes <b>Cod Fish Filet</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Pineapple</b> p.m. Rice Cakes</p>	<p>10</p> <p>a.m. Oatmeal w/ Blueberries <b>Lean Beef Meat Loaf</b> <b>Whole Wheat Bread</b> <b>Mashed Potatoes &amp; Peas</b> <b>Peaches</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>11</p> <p>a.m. Multigrain Cheerios <b>Chicken, Spinach &amp; Cheese</b> <b>Enchiladas</b> <b>Corn Tortillas</b> <b>Asparagus</b> <b>Mandarin Oranges</b> p.m. Peaches &amp; Cottage Cheese Dip</p>	<p>12</p> <p>a.m. Wheat Cheese Toast <b>Vegetarian Bow Tie Lasagna</b> <b>Garlic Bread</b> <b>Broccoli &amp; Kidney Bean</b> <b>Salad</b> <b>Bananas</b> p.m. Apple Slices</p>
<p>15</p> <p>a.m. English Muffins w/ Fruit Jam <b>Cheesy Chicken &amp; Spinach</b> <b>Casserole</b> <b>Brown Rice</b> <b>Zucchini</b> <b>Pears</b> p.m. Fruit and Grain Bars</p>	<p>16</p> <p>a.m. Whole Grain Waffles <b>Turkey Marinara with</b> <b>Spaghetti</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Mandarin Oranges</b> p.m. Baked Cheese Crackers</p>	<p>17</p> <p>a.m. Chex Cereal Squares <b>Spinach &amp; Chicken Noodle</b> <b>Cassarole</b> <b>Toasted Garlic Bread</b> <b>Tomato &amp; Cheese Salad</b> <b>(Low Fat Ranch)</b> <b>Apples</b> p.m. Cheese Slices &amp; Baby Carrots</p>	<p>18</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>19</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>22</p> <p>a.m. Apple Cinnamon Muffins <b>Baked Chicken With</b> <b>Stuffing</b> <b>Broccoli</b> <b>Pineapple</b> p.m. Rice Cakes</p>	<p>23</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>24</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>25</p> <p>a.m. Cinnamon Oatmeal <b>Teriyaki Chicken</b> <b>Brown Rice</b> <b>Peas</b> <b>Banana</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>26</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>29</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>30</p> <p>a.m. Whole Grain Waffles <b>Turkey &amp; Spinach</b> <b>Flatbread</b> <b>Green Beans</b> <b>Pears</b> p.m. Fruit and Grain Bars</p>			



April  
2019

Discovery Day!

Join us Thursday, April 18<sup>th</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!



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.