

# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</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>2</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>3</p> <p>a.m. Bagels w/ Cream Cheese <b>Whole Wheat Fettuccine Alfredo</b> <b>Garlic Bread</b> <b>Broccoli</b> <b>Melon</b> p.m. Pretzels</p>
<p>6</p> <p>a.m. English Muffins <b>Chicken Fajitas with Cheese</b> <b>Flour Tortillas</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Baked Cheese Crackers</p>	<p>7</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 &amp; Crackers</p>	<p>8</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>9</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>10</p> <p>a.m. Multigrain Cheerios <b>Tomato Soup</b> <b>Toasted Cheese Sandwich</b> <b>Mixed Veggies</b> <b>Banana</b> p.m. Apple Slices</p>
<p>13</p> <p>a.m. Apple Cinnamon Muffins <b>Parmesan Chicken Over Whole Wheat Pasta</b> <b>Carrots</b> <b>Pears</b> p.m. Fruit and Grain Bars</p>	<p>14</p> <p>a.m. Whole Grain Waffles <b>Turkey &amp; Cheese Toasted Whole Wheat Sandwiches</b> <b>Peas</b> <b>Mandarin Oranges</b> p.m. Baked Cheese Crackers</p>	<p>15</p> <p>a.m. Chex Cereal Squares <b>Lean Turkey Meatloaf</b> <b>Garlic Bread</b> <b>Mashed Potatoes and Mixed Mixed Veggies</b> <b>Apples</b> p.m. Cheese Slices &amp; Baby Carrots w/ Ranch</p>	<p>16</p> <p>a.m. Yogurt w/ Fresh Berries <b>Chicken Veggie Salad Wraps</b> <b>Flour Tortillas</b> <b>Green Beans</b> <b>Melon</b> p.m. Pita Bread and Hummus</p>	<p>17</p> <p>a.m. Bagels w/ Cream Cheese <b>Spaghetti with Marinara Sauce</b> <b>Garlic Bread</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Mixed Fruit</b> p.m. Pretzels</p>
<p>20</p> <p>a.m. Blueberry Muffins <b>Fettuccine Alfredo w/ Chicken</b> <b>Whole Wheat Pasta</b> <b>Broccoli</b> <b>Pineapple</b> p.m. Rice Cakes</p>	<p>21</p> <p>a.m. Whole Grain Pancakes <b>Cod Filet Tacos</b> <b>Corn Tortillas</b> <b>Cabbage Slaw/ Green Beans</b> <b>Apple Sauce</b> p.m. Baked Cheese Crackers</p>	<p>22</p> <p>a.m. Multigrain Cheerios <b>Potato Beef Bake</b> <b>Whole Wheat Bread</b> <b>Asparagus</b> <b>Mandarin Oranges</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>23</p> <p>a.m. Wheat Cheese Toast <b>Green Chile Chicken Casserole</b> <b>Corn Bread</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Banana</b> p.m. Peaches &amp; Cottage Cheese Dip</p>	<p>24</p> <p>a.m. Oatmeal w/ Blueberries <b>Vegetable Soup</b> <b>Toasted Cheese Sandwiches</b> <b>Zucchini</b> <b>Peaches</b> p.m. Apple Slices</p>
<p>— <i>Happy</i> — <b>MEMORIAL</b> <b>DAY</b></p>	<p>28</p> <p>a.m. Whole Grain Waffles <b>Tuna Noodle Casserole</b> <b>Whole Wheat Pasta</b> <b>Broccoli</b> <b>Mandarin Oranges</b> p.m. Cheese Slices &amp; Baby Carrots w/Ranch</p>	<p>29</p> <p>a.m. Chex Cereal Squares <b>Soft Tacos with Lean Beef</b> <b>Flour Tortilla</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Apple Slices</b> p.m. Baked Cheese Crackers</p>	<p>30</p> <p>a.m. Low Fat Yogurt <b>Chicken Cacciatore</b> <b>Whole Grain Pasta</b> <b>Corn</b> <b>Melons</b> p.m. Pita Bread &amp; Hummus</p>	<p>31</p> <p>a.m. Bagels w/ Cream Cheese <b>Three Bean Soup</b> <b>Corn Bread</b> <b>Peas</b> <b>Mixed Fruit</b> p.m. Pretzels</p>



May 2019

## Discovery Day!

Join us Thursday, May 16<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.