

PREPARED MEALS • HYDE PARK/MUELLER

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>a.m. Multigrain Cheerios Meatballs Garlic Bread Green Beans Pineapple</p> <p>p.m. Cucumbers/ Carrots & Low Fat Ranch</p>	<p>2</p> <p>a.m. Low Fat Yogurt Texas Ranch Chicken Corn Tortillas Asparagus Melon</p> <p>p.m. Apples & Cheese Slices</p>	<p>3</p> <p>a.m. Banana Vegetarian Lasagna Garlic Bread Tomato & Cheese Salad (Low Fat Ranch) Mixed Fruit</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>
<p>6</p> <p>a.m. Fruit and Grain Bars Cheesy Ranch Chicken Pasta Garlic Bread Green Beans Pears</p> <p>p.m. Baked Cheese Crackers</p>	<p>7</p> <p>a.m. Whole Grain Waffles Macaroni and Beef w/ Tomato Sauce Whole Wheat Bread Zucchini Pineapple</p> <p>p.m. Peaches & Cottage Cheese Dip</p>	<p>8</p> <p>a.m. Low Fat Yogurt w/ Fresh Berries Chicken Broccoli Rice Casserole Whole Wheat Bread Tomato & Cheese Salad (Low Fat Ranch) Apple Slices</p> <p>p.m. Cauliflower/ Broccoli & Low Fat Ranch</p>	<p>9</p> <p>a.m. Chex Cereal Squares Chicken Spaghetti Toasted Garlic Bread Broccoli Mandarin Oranges</p> <p>p.m. Apples</p>	<p>10</p> <p>a.m. Bagels w/ Cream Cheese Broccoli and Cheese Soup Whole Wheat Bread Corn Peaches</p> <p>p.m. Pita Bread & Hummus</p>
<p>13</p> <p>a.m. English Muffins w/ Fruit Jam Chicken and Dumplings Whole Wheat Bread Broccoli Apple Sauce</p> <p>p.m. Rice Cakes</p>	<p>14</p> <p>a.m. Whole Grain Pancakes Cod Fish Fillet Whole Wheat Bread Carrots Peaches</p> <p>p.m. Pretzels & Cheese Slices</p>	<p>15</p> <p>a.m. Multigrain Cheerios Chicken Fried Rice Whole Wheat Bread Peas Pineapple</p> <p>p.m. Cucumbers/ Carrots & Low Fat Ranch</p>	<p>16</p> <p>a.m. Low Fat Yogurt Beef Tacos Whole Wheat Bread Tomato & Cheese Salad (Italian Dressing) Melon</p> <p>p.m. Apples & Cheese Slices</p>	<p>17</p> <p>a.m. Banana Macaroni and Cheese Pita Bread Mixed Veggies Mixed Fruit</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>
<p>20</p> <p>a.m. Fruit and Grain Bars Alfredo Chicken Garlic Bread Squash Pears</p> <p>p.m. Baked Cheese Crackers</p>	<p>21</p> <p>a.m. Whole Grain Waffles Beef Lasagna Whole Wheat Bread Green Beans Pineapple</p> <p>p.m. Peaches & Cottage Cheese Dip</p>	<p>22</p> <p>a.m. Low Fat Yogurt w/ Fresh Berries Chicken Breast Strips Whole Wheat Bread Tomato & Cheese Salad (Low Fat Ranch) Apple Slices</p> <p>p.m. Cauliflower/ Broccoli & Low Fat Ranch</p>	<p>23</p> <p>a.m. Chex Cereal Squares Garlic Chicken Veggie Pasta Whole Wheat Bread Snap Peas Mandarin Oranges</p> <p>p.m. Apples</p>	<p>24</p> <p>a.m. Bagels w/ Cream Cheese Cheese Ravioli Garlic Bread Broccoli Peaches</p> <p>p.m. Pita Bread & Hummus</p>
<p>— <i>Happy</i> — MEMORIAL ★ ★ DAY ★ ★</p>		<p>28</p> <p>a.m. Whole Grain Pancakes Chicken Lasagna Garlic Bread Asparagus Peaches</p> <p>p.m. Pretzels & Cheese Slices</p>	<p>29</p> <p>a.m. Multigrain Cheerios Beef and Broccoli Whole Wheat Bread Green Beans Pineapple</p> <p>p.m. Cucumbers/Carrots & Low Fat Ranch</p>	<p>30</p> <p>a.m. Low Fat Yogurt Chicken Quesadilla Tortillas Tomato & Cheese Salad (Italian Dressing) Melon</p> <p>p.m. Apples & Cheese Slices</p>
		<p>31</p> <p>a.m. Banana Fettuccini Alfredo Whole Wheat Bread Mixed Veggies Mixed Fruit</p> <p>p.m. Cheese Slices and Whole Wheat Crackers</p>		



May
2019

Discovery Day!

Join us Thursday, May 16th 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.