

CHEF PREPARED NUTRITION PLAN



June
2019

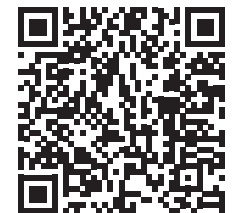
Discovery Day!

Join us Thursday, June 20th 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!



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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.

<p>3</p> <p>a.m. English Muffins Chicken & Cheese Enchiladas Bake Corn Tortillas Snap Peas Pineapple p.m. Rice Cakes</p>	<p>4</p> <p>a.m. Whole Grain Pancakes Turkey Tetrazzini Casserole Whole Wheat Pasta Asparagus Apple Sauce p.m. Baked Cheese Crackers</p>	<p>5</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>6</p> <p>a.m. Oatmeal w/ Fresh Berries Chicken Noodle Casserole Whole Wheat Pasta Tomato & Cheese Salad (Low Fat Ranch) Bananas p.m. Cheese & Tomato Quesadilla</p>	<p>7</p> <p>a.m. Wheat Cheese Toast Veggie & Potato Bake Whole Wheat Bread Zucchini Peaches p.m. Apple Slices</p>
<p>10</p> <p>a.m. Apple Cinnamon Muffins Chicken Pot Pie Biscuits Squash Mandarin Oranges p.m. Baked Cheese Crackers</p>	<p>11</p> <p>a.m. Whole Grain Waffles Lean Turkey Goulash Whole Wheat Pasta Carrots Pears p.m. Fruit and Grain Bars</p>	<p>12</p> <p>a.m. Yogurt w/ Fresh Berries Shepard's Pie Whole Wheat Bread Broccoli & Kidney Bean Salad Mixed Fruit p.m. Pita Bread and Hummus</p>	<p>13</p> <p>a.m. Chex Cereal Squares Lite Chicken Divan Whole Wheat Bread Mixed Veggies Apple Slices p.m. Cheese Slices & Cucumbers w/ Ranch</p>	<p>14</p> <p>a.m. Bagels w/ Cream Cheese Bean & Cheese Tacos Flour Tortillas Green Beans Melon p.m. Pretzels</p>
<p>17</p> <p>a.m. Biscuits w/ Fruit Jam Fiesta Chicken Casserole Brown Rice Corn w/ Fresh Tomatoes Apple Sauce p.m. Baked Cheese Crackers</p>	<p>18</p> <p>a.m. Whole Grain Pancakes Cod Fish Filet Whole Wheat Bread Mixed Veggies Pineapple p.m. Rice Cakes</p>	<p>19</p> <p>a.m. Oatmeal w/ Blueberries Lean Beef Meat Loaf Whole Wheat Bread Mashed Potatoes & Peas Peaches p.m. Cheese & Tomato Quesadilla</p>	<p>20</p> <p>a.m. Multigrain Cheerios Chicken, Spinach & Cheese Enchiladas Corn Tortillas Asparagus Mandarin Oranges p.m. Peaches & Cottage Cheese Dip</p>	<p>21</p> <p>a.m. Wheat Cheese Toast Vegetarian Bow Tie Lasagna Garlic Bread Broccoli & Kidney Bean Salad Bananas p.m. Apple Slices</p>
<p>24</p> <p>a.m. English Muffins w/ Fruit Jam Cheesy Chicken & Spinach Casserole Brown Rice Zucchini Pears p.m. Fruit and Grain Bars</p>	<p>25</p> <p>a.m. Whole Grain Waffles Turkey Marinara with Spaghetti Garlic Bread Green Beans Mandarin Oranges p.m. Baked Cheese Crackers</p>	<p>26</p> <p>a.m. Chex Cereal Squares Spinach & Chicken Noodle Casserole Toasted Garlic Bread Tomato & Cheese Salad (Low Fat Ranch) Apples p.m. Cheese Slices & Baby Carrots</p>	<p>27</p> <p>a.m. Low Fat Yogurt Bow Tie Lasagna Bake Whole Wheat Pasta Broccoli Melon p.m. Pita Bread and Hummus</p>	<p>28</p> <p>a.m. Bagels w/ Cream Cheese Veggie Stir fry Brown Rice Snap Peas Mixed Fruit p.m. Pretzels</p>