

PREPARED MEALS • MUELLER/HYDE PARK



June
2019

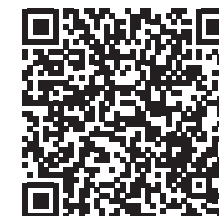
Discovery Day!

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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- 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. Fruit and Grain Bars Cheesy Chicken Pasta Garlic Bread Squash Pears p.m. Baked Cheese Crackers</p>	<p>4</p> <p>a.m. Whole Grain Waffles Mexican Beef Casserole Whole Wheat Bread Carrots Pineapple p.m. Peaches & Cottage Cheese Dip</p>	<p>5</p> <p>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</p>	<p>6</p> <p>a.m. Chex Cereal Squares Sweet and Sour Chicken Whole Wheat Bread Mixed Veggies Mandarin Oranges p.m. Apples</p>	<p>7</p> <p>a.m. Bagels w/ Cream Cheese Cheese Tortellini Garlic Bread Green Beans Peaches p.m. Pita Bread & Hummus</p>
<p>10</p> <p>a.m. English Muffins w/ Fruit Jam Fajita Chicken and Rice Flour Tortillas Corn Apple Sauce p.m. Rice Cakes</p>	<p>11</p> <p>a.m. Whole Grain Pancakes Chicken Stir Fry with Lo Mein Pasta Whole Wheat Bread Mixed Veggies Peaches p.m. Pretzels & Cheese Slices</p>	<p>12</p> <p>a.m. Multigrain Cheerios Meatballs Garlic Bread Green Beans Pineapple p.m. Cucumbers/ Carrots & Low Fat Ranch</p>	<p>13</p> <p>a.m. Low Fat Yogurt Texas Ranch Chicken Corn Tortillas Asparagus Melon p.m. Apples & Cheese Slices</p>	<p>14</p> <p>a.m. Banana Vegetarian Lasagna Garlic Bread Tomato & Cheese Salad (Low Fat Ranch) Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers</p>
<p>17</p> <p>a.m. Fruit and Grain Bars Cheesy Ranch Chicken Pasta Garlic Bread Green Beans Pears p.m. Baked Cheese Crackers</p>	<p>18</p> <p>a.m. Whole Grain Waffles Macaroni and Beef w/ Tomato Sauce Whole Wheat Bread Zucchini Pineapple p.m. Peaches & Cottage Cheese Dip</p>	<p>19</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.m. Cauliflower/ Broccoli & Low Fat Ranch</p>	<p>20</p> <p>a.m. Chex Cereal Squares Chicken Spaghetti Toasted Garlic Bread Broccoli Mandarin Oranges p.m. Apples</p>	<p>21</p> <p>a.m. Bagels w/ Cream Cheese Broccoli and Cheese Soup Whole Wheat Bread Corn Peaches p.m. Pita Bread & Hummus</p>
<p>24</p> <p>a.m. English Muffins w/ Fruit Jam Chicken and Dumplings Whole Wheat Bread Broccoli Apple Sauce p.m. Rice Cakes</p>	<p>25</p> <p>a.m. Whole Grain Pancakes Cod Fish Fillet Whole Wheat Bread Carrots Peaches p.m. Pretzels & Cheese Slices</p>	<p>26</p> <p>a.m. Multigrain Cheerios Chicken Fried Rice Whole Wheat Bread Peas Pineapple Cucumbers/ Carrots & Low Fat Ranch p.m. Ranch</p>	<p>27</p> <p>a.m. Low Fat Yogurt Beef Tacos Whole Wheat Bread Tomato & Cheese Salad (Italian Dressing) Melon p.m. Apples & Cheese Slices</p>	<p>28</p> <p>a.m. Banana Macaroni and Cheese Pita Bread Mixed Veggies Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers</p>