


PREPARED MEALS • MUELLER/HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			a.m. Chex Cereal Squares Chicken Spaghetti Toasted Garlic Bread Broccoli Mandarin Oranges p.m. Apples	a.m. Bagels w/ Cream Cheese Broccoli and Cheese Soup Whole Wheat Bread Corn Peaches p.m. Pita Bread & Hummus
5	6	7	8	9
a.m. English Muffins w/ Fruit Jam Chicken and Dumplings Whole Wheat Bread Broccoli Apple Sauce p.m. Rice Cakes	a.m. Whole Grain Pancakes Cod Fish Fillet Whole Wheat Bread Carrots Peaches p.m. Pretzels & Cheese Slices	a.m. Chex Mix Chicken Fried Rice Whole Wheat Bread Peas Pineapple p.m. Cucumbers/ Carrots & Low Fat Ranch	a.m. Low Fat Yogurt Beef Tacos Whole Wheat Bread Tomato & Cheese Salad (Italian Dressing) Melon p.m. Apples & Cheese Slices	a.m. Banana Macaroni and Cheese Pita Bread Mixed Veggies Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers
12	13	14	15	16
a.m. Fruit and Grain Bars Alfredo Chicken Garlic Bread Squash Pears p.m. Baked Cheese Crackers	a.m. Whole Grain Waffles Beef Lasagna Whole Wheat Bread Green Beans Pineapple p.m. Peaches & Cottage Cheese Dip	a.m. Low Fat Yogurt w/ Fresh Berries Chicken Breast Strips Whole Wheat Bread Tomato & Cheese Salad (Low Fat Ranch) Apple Slices p.m. Cauliflower/ Broccoli & Low Fat Ranch	a.m. Chex Cereal Squares Garlic Chicken Veggie Pasta Whole Wheat Bread Snap Peas Mandarin Oranges p.m. Apples	a.m. Bagels w/ Cream Cheese Cheese Ravioli Garlic Bread Broccoli Peaches p.m. Pita Bread & Hummus
19	20	21	22	23
a.m. English Muffins w/ Fruit Jam Chicken Tacos Tortillas Corn Apple Sauce p.m. Rice Cakes	a.m. Whole Grain Pancakes Chicken Lasagna Garlic Bread Asparagus Peaches p.m. Pretzels & Cheese Slices	a.m. Chex Mix Beef and Broccoli Whole Wheat Bread Green Beans Pineapple p.m. Cucumbers/ Carrots & Low Fat Ranch	a.m. Low Fat Yogurt Chicken Quesadilla Tortillas Tomato & Cheese Salad (Italian Dressing) Melon p.m. Apples & Cheese Slices	a.m. Banana Fettuccini Alfredo Whole Wheat Bread Mixed Veggies Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers
26	27	28	29	30
a.m. Fruit and Grain Bars Cheesy Chicken Pasta Garlic Bread Squash Pears p.m. Baked Cheese Crackers	a.m. Whole Grain Waffles Mexican Beef Casserole Whole Wheat Bread Carrots Pineapple p.m. Peaches & Cottage Cheese Dip	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	a.m. Chex Cereal Squares Sweet and Sour Chicken Whole Wheat Bread Mixed Veggies Mandarin Oranges p.m. Apples	a.m. Bagels w/ Cream Cheese Cheese Tortellini Garlic Bread Green Beans Peaches p.m. Pita Bread & Hummus



August
2019

Discovery Day!

Join us Thursday, August 15th 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.