

CHEF-PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7</p> <p>a.m. Blueberry Muffins Fettuccine Alfredo W/ Chicken Whole Wheat Pasta Broccoli Pineapple p.m. Rice Cakes</p>	<p>1</p> <p>a.m. Whole Grain Waffles Turkey & Cheese Toasted Whole Wheat Sandwiches Peas Mandarin Oranges p.m. Baked Cheese Crackers</p>	<p>2</p> <p>a.m. Chex Cereal Squares Lean Turkey Meatloaf Garlic Bread Mashed Potatoes and Mixed Veggies Apples p.m. Cheese Slices & Baby Carrots w/ Ranch</p>	<p>3</p> <p>a.m. Yogurt w/ Fresh Berries Chicken Veggie Salad Wraps Flour Tortillas Green Beans Melon p.m. Pita Bread and Hummus</p>	<p>4</p> <p>a.m. Bagels w/ Cream Cheese Spaghetti with Marinara Sauce Garlic Bread Tomato & Cheese Salad (Low Fat Ranch) Mixed Fruit p.m. Pretzels</p>
<p>7</p> <p>a.m. Blueberry Muffins Fettuccine Alfredo W/ Chicken Whole Wheat Pasta Broccoli Pineapple p.m. Rice Cakes</p>	<p>8</p> <p>a.m. Whole Grain Pancakes Cod Filet Tacos Corn Tortillas Cabbage Slaw/ Green Beans Apple Sauce p.m. Baked Cheese Crackers</p>	<p>9</p> <p>a.m. Chex Mix Potato Beef Bake Whole Wheat Bread Asparagus Mandarin Oranges p.m. Cheese & Tomato Quesadilla</p>	<p>10</p> <p>a.m. Wheat Cheese Toast Green Chile Chicken Casserole Corn Bread Tomato & Cheese Salad (Italian Dressing) Banana p.m. Peaches & Cottage Cheese Dip</p>	<p>11</p> <p>a.m. Pumpkin Spiced Oatmeal Vegetable Soup Toasted Cheese Sandwiches Zucchini Peaches p.m. Apple Slices</p>
<p>14</p> <p>a.m. Biscuits w/ Fruit Jam Chicken & Cheese Casserole Brown Rice Green Beans Pears p.m. Fruit and Grain Bars</p>	<p>15</p> <p>a.m. Whole Grain Waffles Tuna Noodle Casserole Whole Wheat Pasta Broccoli Mandarin Oranges p.m. Cheese Slices & Baby Carrots w/ Ranch</p>	<p>16</p> <p>a.m. Chex Cereal Squares Soft Tacos with Lean Beef Flour Tortilla Tomato & Cheese Salad (Italian Dressing) Apple Slices p.m. Baked Cheese Crackers</p>	<p>17</p> <p>a.m. Low Fat Yogurt Chicken Cacciatore Whole Grain Pasta Corn Melons p.m. Pita Bread and Hummus</p>	<p>18</p> <p>a.m. Bagels w/ Cream Cheese Three Bean Soup Corn Bread Peas Mixed Fruit p.m. Pretzels</p>
<p>21</p> <p>a.m. English Muffins w/ Fruit Jam Chicken & Cheese Enchiladas Bake Corn Tortillas Snap Peas Pineapple p.m. Rice Cakes</p>	<p>22</p> <p>a.m. Whole Grain Pancakes Turkey Tetrazzini Casserole Whole Wheat Pasta Asparagus Apple Sauce p.m. Baked Cheese Crackers</p>	<p>23</p> <p>a.m. Chex Mix Lean Beef & Fresh Tomato Bake Brown Rice Green Beans Mandarin Oranges p.m. Peaches & Cottage Cheese Dip</p>	<p>24</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>25</p> <p>a.m. Wheat Cheese Toast Veggie & Potato Bake Whole Wheat Bread Zucchini Peaches p.m. Apple Slices</p>
<p>28</p> <p>a.m. Apple Cinnamon Muffins Chicken Pot Pie Biscuits Squash Mandarin Oranges p.m. Baked Cheese Crackers</p>	<p>29</p> <p>a.m. Whole Grain Waffles Lean Turkey Goulash Whole Wheat Pasta Carrots Pears p.m. Fruit and Grain Bars</p>	<p>30</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>31</p> <p>a.m. Chex Cereal Squares Lite Chicken Divan Whole Wheat Bread Mixed Veggies Apple Slices p.m. Apple & Cheese Slices</p>	



October
2019

Discovery Day!

Join us Thursday, October 17th, 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.