

# PREPARED MEALS • MUELLER/HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p> <p>a.m. Whole Grain Pancakes <b>Chicken Lasagna</b> <b>Garlic Bread</b> <b>Asparagus</b> <b>Peaches</b> p.m. Pretzels &amp; Cheese Slices</p>	<p>2</p> <p>a.m. Chex Mix <b>Beef and Broccoli</b> <b>Whole Wheat Bread</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Cucumbers/ Carrots &amp; Low Fat Ranch</p>	<p>3</p> <p>a.m. Low Fat Yogurt <b>Chicken Quesadilla</b> <b>Tortillas</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Melon</b> p.m. Apples &amp; Cheese Slices</p>	<p>4</p> <p>a.m. Banana <b>Fettuccini Alfredo</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Mixed Fruit</b> <b>Cheese Slices &amp; Whole</b> p.m. Wheat Crackers</p>	
<p>7</p> <p>a.m. Fruit and Grain Bars <b>Cheesy Chicken Pasta</b> <b>Garlic Bread</b> <b>Squash</b> <b>Pears</b> p.m. Baked Cheese Crackers</p>	<p>8</p> <p>a.m. Whole Grain Waffles <b>Mexican Beef Casserole</b> <b>Whole Wheat Bread</b> <b>Carrots</b> <b>Pineapple</b> p.m. Peaches &amp; Cottage Cheese Dip</p>	<p>9</p> <p>a.m. Low Fat Yogurt w/ Fresh Berries <b>Chicken Enchiladas</b> <b>Flour Tortillas</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Apple Slices</b> p.m. Cauliflower/ Broccoli &amp; Low Fat Ranch</p>	<p>10</p> <p>a.m. Chex Cereal Squares <b>Sweet and Sour Chicken</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Mandarin Oranges</b> p.m. Apples</p>	<p>11</p> <p>a.m. Bagels w/ Cream Cheese <b>Cheese Tortellini</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Peaches</b> p.m. Pita Bread &amp; Hummus</p>
<p>14</p> <p>a.m. English Muffins w/ Fruit Jam <b>Fajita Chicken and Rice</b> <b>Flour Tortillas</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Rice Cakes</p>	<p>15</p> <p>a.m. Whole Grain Pancakes <b>Chicken Stir Fry with Lo Mein Pasta</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Peaches</b> p.m. Pretzels &amp; Cheese Slices</p>	<p>16</p> <p>a.m. Chex Mix <b>Meatballs</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Cucumbers/ Carrots &amp; Low Fat Ranch</p>	<p>17</p> <p>a.m. Low Fat Yogurt <b>Texas Ranch Chicken</b> <b>Corn Tortillas</b> <b>Asparagus</b> <b>Melon</b> Apples &amp; Cheese Slices</p>	<p>18</p> <p>a.m. Banana <b>Vegetarian Lasagna</b> <b>Garlic Bread</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Mixed Fruit</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>
<p>21</p> <p>a.m. Fruit and Grain Bars <b>Cheesy Ranch Chicken Pasta</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Pears</b> p.m. Baked Cheese Crackers</p>	<p>22</p> <p>a.m. Whole Grain Waffles <b>Macaroni and Beef w/ Tomato Sauce</b> <b>Whole Wheat Bread</b> <b>Zucchini</b> <b>Pineapple</b> p.m. Peaches &amp; Cottage Cheese Dip</p>	<p>23</p> <p>a.m. Low Fat Yogurt w/ Fresh Berries <b>Chicken Broccoli Rice Casserole</b> <b>Whole Wheat Bread</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Apple Slices</b> p.m. Cauliflower/ Broccoli &amp; Low Fat Ranch</p>	<p>24</p> <p>a.m. Chex Cereal Squares <b>Chicken Spaghetti</b> <b>Toasted Garlic Bread</b> <b>Broccoli</b> <b>Mandarin Oranges</b> p.m. Apples</p>	<p>25</p> <p>a.m. Bagels w/ Cream Cheese <b>Broccoli and Cheese Soup</b> <b>Whole Wheat Bread</b> <b>Corn</b> <b>Peaches</b> p.m. Pita Bread &amp; Hummus</p>
<p>28</p> <p>a.m. English Muffins w/ Fruit Jam <b>Chicken and Dumplings</b> <b>Whole Wheat Bread</b> <b>Broccoli</b> <b>Apple Sauce</b> p.m. Rice Cakes</p>	<p>29</p> <p>a.m. Whole Grain Pancakes <b>Cod Fish Fillet</b> <b>Whole Wheat Bread</b> <b>Carrots</b> <b>Peaches</b> p.m. Pretzels &amp; Cheese Slices</p>	<p>30</p> <p>a.m. Chex Mix <b>Chicken Fried Rice</b> <b>Whole Wheat Bread</b> <b>Peas</b> <b>Pineapple</b> p.m. Cucumbers/ Carrots &amp; Low Fat Ranch</p>	<p>31</p> <p>a.m. Low Fat Yogurt <b>Beef Tacos</b> <b>Whole Wheat Bread</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Melon</b> p.m. Apples &amp; Cheese Slices</p>	



October  
2019

Discovery Day!

Join us Thursday, October 17<sup>th</sup>, 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.