

# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>a.m. Whole Grain Waffles <b>Parmesan Chicken with Pasta</b> <b>Wheat Bread</b> <b>Asparagus</b> <b>Pears</b></p> <p>p.m. Pretzels &amp; Sun Butter</p>	<p>3</p> <p>a.m. Biscuits &amp; Fruit Jam <b>Flame Broiled Burgers W/Cheese</b> <b>On Wheat Bread</b> <b>Cauliflower</b> <b>Pineapple</b></p> <p>p.m. Baked Cheese Crackers</p>	<p>4</p> <p>a.m. Yogurt <b>Lean Turkey Goulash</b> <b>Toasted Pita Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b></p> <p>p.m. Fresh Melon</p>	<p>5</p> <p>a.m. Wheat Cheese Toast <b>Chicken Pot Pie</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Bananas</b></p> <p>p.m. Apples &amp; Sun Butter</p>	<p>6</p> <p>a.m. Bananas <b>Vegetarian Bow Tie Lasagna</b> <b>Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Apple Slices</b></p> <p>p.m. Pita Bread &amp; Hummus</p>
<p>9</p> <p>a.m. Whole Grain Pancakes <b>Lite Chicken Divan</b> <b>Wheat Bread</b> <b>Corn &amp; Fresh Tomato Peaches</b></p> <p>p.m. Fruit &amp; Grain Bars</p>	<p>10</p> <p>a.m. Cinnamon Biscuits <b>Turkey &amp; Cheese Toasted Sandwiches</b> <b>On Wheat Bread</b> <b>Mixed Vegetables</b> <b>Apple Sauce</b></p> <p>p.m. Rice Cakes</p>	<p>11</p> <p>a.m. Oatmeal W/ Blueberries <b>Cod Filet Tacos</b> <b>On Corn Tortillas</b> <b>Coleslaw</b> <b>Mixed Fruit</b></p> <p>p.m. Apple Slices</p>	<p>12</p> <p>a.m. English Muffins &amp; Sun Butter <b>Chicken Noodle Casserole</b> <b>Garlic Bread</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Ranch</b> <b>Fresh Melon</b></p> <p>p.m. Cucumbers/ Carrots &amp; Low Fat Ranch</p>	<p>13</p> <p>a.m. Warm Cinnamon Apples <b>Veggie Stir fry</b> <b>W/ Brown Rice</b> <b>Snap Peas</b> <b>Mandarin Oranges</b></p> <p>p.m. Cheese &amp; Tomato Quesadilla</p>
<p>16</p> <p>a.m. Bagels &amp; Cream Cheese <b>Green Chile Chicken Casserole</b> <b>Green Beans</b> <b>Pineapple</b></p> <p>p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>17</p> <p>a.m. Sausage Biscuit <b>Meatloaf &amp; Mashed Potatoes</b> <b>Wheat Bread</b> <b>Corn</b> <b>Pears</b></p> <p>p.m. English Muffin Pizzas</p>	<p>18</p> <p>a.m. Fruit and Yogurt Parfait <b>Bow Tie Lasagna Bake</b> <b>Garlic Bread</b> <b>Chopped Broccoli</b> <b>Mandarin Oranges</b></p> <p>p.m. Bananas</p>	<p>19</p> <p>a.m. Cinnamon Toast <b>Fiesta Chicken Casserole</b> <b>W/ Brown Rice</b> <b>Carrots</b> <b>Apple Slices</b></p> <p>p.m. Fresh Melon</p>	<p>20</p> <p>a.m. Whole Grain Fig Bars <b>Broccoli Cheese Soup</b> <b>Toasted Pita Bread</b> <b>Peas</b> <b>Bananas</b></p> <p>p.m. Sun butter &amp; Jam Sandwich Squares</p>
<p>23</p> <p>a.m. Chex Cereal Squares <b>Chicken, Spinach and Cheese Enchiladas</b> <b>Refried Pinto Beans</b> <b>Asparagus</b> <b>Apple Sauce</b></p> <p>p.m. Baked Cheese Crackers</p>	<p>24</p> <p>a.m. Fruit Muffins <b>Pinto Bean Chili</b> <b>W/ Corn Bread</b> <b>Cauliflower</b> <b>Peaches</b></p> <p>p.m. Rice Cakes</p>	<p>25</p> <p>a.m. <i>International Waffle Day!</i> <b>Sliced Potato and Ham Casserole</b> <b>Wheat Bread</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Mixed Fruit</b></p> <p>p.m. Crackers, Cheese &amp; Pepperoni Slices</p>	<p>26</p> <p>a.m. English Muffins &amp; Fruit Jam <b>Chicken Veggie Salad Wraps</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b></p> <p>p.m. Apples &amp; Cheese Slices</p>	<p>27</p> <p>a.m. Warm Cinnamon Apples <b>Three Bean soup</b> <b>Toasted Pita Bread</b> <b>Peas &amp; Carrots</b> <b>Fresh Melon</b></p> <p>p.m. English Muffins W/ Sun butter &amp; Bananas Slices</p>
<p>30</p> <p>a.m. Whole Grain Waffles <b>Cod fish filet</b> <b>W/ Spanish Rice</b> <b>Snap Peas</b> <b>Pears</b></p> <p>p.m. Pretzels &amp; Sun Butter</p>	<p>31</p> <p>a.m. Biscuits &amp; Fruit Jam <b>Beef and Fresh Tomato Bake</b> <b>Pinto Beans</b> <b>Coleslaw</b> <b>Pineapple</b></p> <p>p.m. Baked Cheese Crackers</p>	<p><b>March 25th is National Waffle Day!!</b> <b>Share your favorite waffle recipes with us on social Media! Be sure to tag us!</b></p> <p>  </p> <p></p>		



March  
2020

Discovery Day!

Join us Thursday, March 19<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.
- Children under two are served chex in place of pretzels.