

PREPARED MEALS • MUELLER | HYDE PARK



July
2020

For more parent resources, visit our blog page at:
<https://www.steppingstoneschool.com/blog/>



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.

* Indicates local Farm Fresh Options



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>July 29th is National Lasagna Day!! Share your favorite Lasagna recipes with us on social media! Be sure to tag us!</p>     | | <p>1 a.m. Cinnamon Toast Chicken, Spinach & Cheese Enchiladas Flour Tortillas Carrots Pears p.m. Crackers, Cheese & Pepperoni Slices</p> | <p>2 a.m. Yogurt Beef Lasagna Garlic Bread Corn Mandarin Oranges p.m. English Muffin Pizzas</p> | <p>3 <i>Stepping Stone School Closed in Observance of Independence Day!</i></p> |
| <p>6 a.m. Bagel & Cream Cheese Chicken & Cheese Pasta w/ Veggies Whole Wheat Bread Asparagus Mandarin Oranges p.m. Rice Cakes</p> | <p>7 a.m. Wheat Cheese Toast Cod Fish Filets Whole Wheat Bread Cauliflower Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch</p> | <p>8 a.m. English Muffins, Sun Butter & Bananas Slices Teriyaki Chicken Brown Rice Snap Peas Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers</p> | <p>9 a.m. Fruit & Grain Bars Chicken Fajitas with Cheese Flour Tortillas *Tomato & Cheese Salad w/ Low Fat Italian Banana p.m. Sun butter & Jam Sandwich Squares</p> | <p>10 a.m. Fruit and Yogurt Parfait Tomato Soup Grilled Cheese Sandwich Peas *Apple Slices p.m. Pretzels & Sun Butter</p> |
| <p>13 a.m. Whole Grain Pancakes Chicken Pot Pie Whole Wheat Bread Zucchini Pineapple p.m. Baked Cheese Crackers</p> | <p>14 a.m. Sausage Biscuit Beef Lo Mein and Veggies Peas & Carrots Apple Sauce p.m. Pita Bread & Hummus</p> | <p>15 a.m. Chex Cereal Squares Whole Wheat Fettuccine Alfredo Chicken Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch Pears p.m. Crackers, Cheese & Pepperoni Slices</p> | <p>16 a.m. Bananas Sesame Chicken Slaw Wraps Flour Tortillas Yellow Squash Mandarin Oranges p.m. English Muffin Pizzas</p> | <p>17 a.m. Whole Grain Fig Bars Vegetarian Lasagna Bake Whole Wheat Bread Corn & Fresh *Tomatoes *Fresh Melon p.m. *Apples & Sun Butter</p> |
| <p>20 a.m. Whole Grain Waffles Sweet & Sour Chicken w/ Veggies Brown Rice Green Beans Mandarin Oranges p.m. Rice Cakes</p> | <p>21 a.m. English Muffins & Soy Butter Turkey & Cheese Sandwiches on Whole Wheat Bread Chopped Broccoli Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch</p> | <p>22 a.m. Cinnamon Toast Chicken Breast Strips Garlic Bread Carrots Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers</p> | <p>23 a.m. Yogurt Texas Ranch Chicken Garlic Bread Corn Banana p.m. Sun butter & Jam Sandwich Squares</p> | <p>24 a.m. Banana Vegetable Soup Pita Bread Mixed Vegetables *Apple Slices p.m. Pretzels & Sun Butter</p> |
| <p>27 a.m. Bagel & Cream Cheese Grilled Chicken & Veggie Pasta Whole Wheat Bread Asparagus Pineapple p.m. Baked Cheese Crackers</p> | <p>28 a.m. Wheat Cheese Toast Beef Tacos on Corn Tortillas Cauliflower Apple Sauce p.m. Pita Bread & Hummus</p> | <p>29 a.m. English Muffins, Sun butter & Bananas Slices National Lasagna Day on Flour Tortillas Snap Peas Pears p.m. Crackers, Cheese & Pepperoni Slices</p> | <p>30 a.m. Fruit & Grain Bars Meatloaf Whole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. English Muffin Pizzas</p> | <p>31 a.m. Fruit and Yogurt Parfait Macaroni & Cheese Whole Wheat Bread Peas *Fresh Melon p.m. *Apples & Sun Butter</p> |