

CHEF PREPARED NUTRITION PLAN



September
2020

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<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>1 a.m. Fruit Muffins Oven Roasted Turkey w/ Stuffing Garlic Bread Corn Peaches p.m. Rice Cakes</p>	<p>2 a.m. Pumpkin Spiced Oatmeal Beef Ravioli Wheat Bread Chopped Broccoli Mixed Fruit p.m. *Apples & Cheese Slices</p>	<p>3 a.m. English Muffins & Fruit Jam Sesame Chicken Slaw Wraps Flour Tortillas Carrots Mandarin Oranges p.m. Cheese & *Tomato Quesadilla</p>	<p>4 a.m. Warm Cinnamon *Apples Vegetable Soup Toasted Cheese Sandwich Peas Bananas p.m. English Muffins W/ Sun butter & Bananas Slices</p>	
<p>7 </p>	<p>8 a.m. Biscuits & Fruit Jam Flame Broiled Burgers W/Cheese On Wheat Bread Cauliflower Pineapple p.m. Baked Cheese Crackers</p>	<p>9 a.m. Yogurt Lean Turkey Goulash Toasted Pita Bread Zucchini & Squash Mandarin Oranges p.m. *Fresh Melon</p>	<p>10 a.m. Wheat Cheese Toast Chicken Pot Pie *Tomato & Cheese Salad w/ Low Fat Italian Bananas p.m. *Apples & Sun Butter</p>	<p>11 a.m. Bananas Vegetarian Bow Tie Lasagna Garlic Bread Peas & Carrots *Apple Slices p.m. Pita Bread & Hummus</p>
<p>14 a.m. Whole Grain Pancakes Lite Chicken Divan Wheat Bread Corn & Fresh *Tomato Peaches p.m. Fruit & Grain Bars</p>	<p>15 *National Linguine Day* a.m. Cinnamon Biscuits Parmesan Chicken with Linguine Pasta Wheat Bread Mixed Vegetables Apple Sauce p.m. Rice Cakes</p>	<p>16 a.m. Oatmeal w/ Blueberries Cod Filet Tacos On Corn Tortillas Coleslaw Mixed Fruit p.m. *Apple Slices</p>	<p>17 a.m. English Muffins & Sun Butter Chicken Noodle Casserole Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch *Fresh Melon p.m. Cucumbers/ *Carrots & Low Fat Ranch</p>	<p>18 a.m. Warm Cinnamon *Apples Veggie Stir fry W/ Brown Rice Snap Peas Mandarin Oranges p.m. Cheese & *Tomato Quesadilla</p>
<p>21 a.m. Bagels & Cream Cheese Chicken Chili and Rice OR Green Chile Chicken Casserole Green Beans Pineapple p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>22 a.m. Sausage Biscuit Meatloaf & Mashed Potatoes Wheat Bread Corn Pears p.m. English Muffin Pizzas</p>	<p>23 a.m. Fruit and Yogurt Parfait Bow Tie Lasagna Bake Garlic Bread *Broccoli Mandarin Oranges p.m. Bananas</p>	<p>24 a.m. Cinnamon Toast Fiesta Chicken Casserole W/ Brown Rice Carrots *Apple Slices p.m. *Fresh Melon</p>	<p>25 a.m. Whole Grain Fig Bars *Broccoli Cheese Soup Toasted Pita Bread Peas Bananas Sun butter & Jam Sandwich p.m. Squares</p>
<p>28 a.m. Chex Cereal Squares Chicken, Spinach and Cheese Enchiladas Refried Pinto Beans Asparagus Apple Sauce p.m. Baked Cheese Crackers</p>	<p>29 a.m. Fruit Muffins Pinto Bean Chili W/ Corn Bread Cauliflower Peaches p.m. Rice Cakes</p>	<p>30 a.m. Bananas Sliced Potato and Ham Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>September 15th is National Linguine Day!! What is your favorite linguine recipe? Share with us on social media! Be sure to tag us!</p> <p>   </p>	