

PREPARED MEALS • MUELLER | HYDE PARK



September 2020

For more parent resources, visit our blog page at:

<https://www.steppingstoneschool.com/blog/>



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- 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
	1 a.m. Wheat Cheese Toast Fish Filets Whole Wheat Bread Cauliflower Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch	2 a.m. English Muffins, Sun Teriyaki Chicken Brown Rice Snap Peas Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers	3 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	4 a.m. Fruit and Yogurt Parfait Tomato Soup Grilled Cheese Sandwich Peas *Apple Slices p.m. Pretzels & Sun Butter
7 	8 a.m. Sausage Biscuit Beef Lo Mein and Veggies Peas & Carrots Apple Sauce p.m. Pita Bread & Hummus	9 a.m. Chex Cereal Squares Turkey & Cheese Sandwiches on Whole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Pears p.m. Crackers, Cheese & Pepperoni Slices	10 a.m. Bananas Sesame Chicken Slaw Wraps Flour Tortillas Yellow Squash Mandarin Oranges p.m. English Muffin Pizzas	11 a.m. Whole Grain Fig Bars Vegetarian Lasagna Bake Whole Wheat Bread Corn & Fresh Tomatoes *Fresh Melon p.m. *Apples & Sun Butter
14 a.m. Whole Grain Waffles Sweet & Sour Chicken w/ Veggies Brown Rice Green Beans Mandarin Oranges p.m. Rice Cakes	15 *National Linguine Day* a.m. English Muffins & Soy Butter Whole Wheat Fettuccine Alfredo Chicken Garlic Bread Chopped Broccoli Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch	16 a.m. Cinnamon Toast Chicken Breast Strips Garlic Bread Carrots Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers	17 a.m. Yogurt Texas Ranch Chicken Garlic Bread Corn Banana p.m. Sun butter & Jam Sandwich Squares	18 a.m. Banana Vegetable Soup Pita Bread Mixed Vegetables *Apple Slices p.m. Pretzels & Sun Butter
21 a.m. Bagel & Cream Cheese Grilled Chicken & Veggie Pasta Whole Wheat Bread Asparagus Pineapple p.m. Baked Cheese Crackers	22 a.m. Wheat Cheese Toast Beef Tacos on Corn Tortillas Cauliflower Apple Sauce p.m. Pita Bread & Hummus	23 a.m. English Muffins, Sun butter & Bananas Slices Beef Lasagna on Flour Tortillas Snap Peas Pears p.m. Crackers, Cheese & Pepperoni Slices	24 a.m. Fruit & Grain Bars Meatloaf Whole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. English Muffin Pizzas	25 a.m. Fruit and Yogurt Parfait Macaroni & Cheese Whole Wheat Bread Peas *Fresh Melon p.m. *Apples & Sun Butter
28 a.m. Whole Grain Pancakes Chicken Stir Fry w/ Lo Mein Zucchini Mandarin Oranges p.m. Rice Cakes	29 a.m. Sausage Biscuit Beef Ravioli on Flour Tortillas Peas & Carrots Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch	30 a.m. Chex Cereal Squares Chicken and Dumplings Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers	<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>	