






# CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>a.m. Whole Grain Pancakes <b>Chicken and *Broccoli Pasta</b> <b>Wheat Bread</b> <b>Asparagus</b> <b>Peaches</b> p.m. Fruit &amp; Grain Bars</p>	<p>3</p> <p>a.m. Cinnamon Biscuits <b>Rotini Pasta Salad w/ Ham,</b> <b>*Broccoli and Cheese</b> <b>Wheat Bread</b> <b>Cauliflower</b> <b>Apple Sauce</b> p.m. Rice Cakes</p>	<p>4</p> <p>a.m. Oatmeal W/ Blueberries <b>Potato Beef Bake</b> <b>Wheat Bread</b> <b>Zucchini &amp; Squash</b> <b>Mixed Fruit</b> p.m. *Apple Slices</p>	<p>5</p> <p>a.m. English Muffins &amp; Sun Butter <b>C Chicken Taco Casserole</b> <b>Flour Tortillas</b> <b>Peas &amp; Carrots</b> <b>*Fresh Melon</b> p.m. Cucumbers/ *Carrots &amp; Low Fat Ranch</p>	<p>6</p> <p>a.m. Warm Cinnamon *Apples <b>Shells &amp; Cheese w/ *Broccoli</b> <b>Toasted Pita Bread</b> <b>*Tomato &amp; Cheese Salad w/</b> <b>Low Fat Italian</b> <b>Bananas</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>
<p>9</p> <p>a.m. Bagels &amp; Cream Cheese <b>Teriyaki Chicken</b> <b>W/ Rice</b> <b>Snap Peas</b> <b>Pineapple</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>10</p> <p>a.m. Sausage Biscuit <b>Sloppy Joes Sandwiches</b> <b>On Wheat Bread</b> <b>Coleslaw</b> <b>Pears</b> p.m. English Muffin Pizzas</p>	<p>11</p> <p>a.m. Fruit and Yogurt Parfait <b>Tuna Noodle Casserole</b> <b>Toasted Pita Bread</b> <b>Corn &amp; Fresh *Tomato</b> <b>Mandarin Oranges</b> p.m. *Apple Slices</p>	<p>12</p> <p>a.m. Cinnamon Toast <b>Chicken Fajitas with Cheese</b> <b>Flour Tortillas</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>*Fresh Melon</b> p.m. Bananas</p>	<p>13</p> <p>a.m. Whole Grain Fig Bars <b>Bean and Cheese Tacos</b> <b>Flour Tortillas</b> <b>Mixed Vegetables</b> <b>*Apple Slices</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>
<p>16</p> <p>a.m. Chex Cereal Squares <b>Chicken and Cheese</b> <b>Enchiladas</b> <b>Spanish Rice</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Baked Cheese Crackers</p>	<p>17</p> <p>a.m. Fruit Muffins <b>Sesame Chicken Slaw Wraps</b> <b>Flour Tortillas</b> <b>Carrots</b> <b>Mandarin Oranges</b> p.m. Rice Cakes</p>	<p>18</p> <p><b>*Class Friendsgiving Feast*</b> a.m. Pumpkin Spiced Oatmeal <b>Oven Roasted Turkey</b> <b>w/ Stuffing</b> <b>Fresh Rolls</b> <b>Green Beans &amp; Mashed</b> <b>Potatoes</b> <b>Peaches</b> p.m. Pumpkin Squares</p>	<p>19</p> <p>a.m. English Muffins &amp; Fruit <b>Jam</b> <b>Beef Ravioli</b> <b>Wheat Bread</b> <b>Chopped Broccoli</b> <b>Mixed Fruit</b> p.m. *Apples &amp; Cheese Slices</p>	<p>20</p> <p>a.m. Warm Cinnamon *Apples <b>Vegetable Soup</b> <b>Toasted Cheese Sandwich</b> <b>Peas</b> <b>Bananas</b> p.m. English Muffins W/ Sun butter &amp; Bananas Slices</p>
<p>23</p> <p>a.m. Whole Grain Waffles <b>Turkey &amp; Cheese Toasted</b> <b>Sandwiches</b> <b>On Wheat Bread</b> <b>Asparagus</b> <b>Pears</b> p.m. Pretzels &amp; Sun Butter</p>	<p>24</p> <p>a.m. Biscuits &amp; Fruit Jam <b>Flame Broiled Burgers W/</b> <b>Cheese</b> <b>On Wheat Bread</b> <b>Cauliflower</b> <b>Pineapple</b> p.m. Baked Cheese Crackers</p>	<p>25</p> <p><b>*National Parfait Day*</b> a.m. Fruit and Yogurt Parfait <b>Lean Turkey Goulash</b> <b>Toasted Pita Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. *Fresh Melon</p>	 <p>Happy <b>THANKSGIVING</b></p>	
<p>30</p> <p>a.m. Whole Grain Pancakes <b>Lite Chicken Divan</b> <b>Wheat Bread</b> <b>Corn &amp; Fresh *Tomato</b> <b>Peaches</b> p.m. Fruit &amp; Grain Bars</p>	<p><b>November 25 is National Parfait Day!!</b> Share your favorite parfait recipe with us on social media! Be sure to tag us!</p> <div style="display: flex; justify-content: center; gap: 20px;">     </div>			



November  
2020

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



DOWNLOAD MENU  
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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

