

CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Holidays!				1 a.m. Peaches & Cottage Cheese Veggie Stir fry W/ Brown Rice Snap Peas Mandarin Oranges p.m. Sun Butter & Jam Sandwich Squares
4 a.m. Bagels w/ Sun Butter Cod Filet Tacos On Corn Tortillas Coleslaw Peaches p.m. Cheese Slices & Whole Wheat Crackers	5 a.m. Sausage Biscuit Chicken Noodle Soup Spaghetti w/ Ground Turkey & Marinara Garlic Bread Mixed Vegetables Apple Sauce p.m. English Muffin Cheese & Pepperoni Slices	6 a.m. Pancakes w/ Banana Slices Meatloaf & Mashed Potatoes Wheat Bread Corn Mixed Fruit p.m. *Apple Slices & Animal Crackers	7 a.m. Pancakes w/ Banana Slices Chicken Noodle Casserole Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch *Fresh Melon p.m. Bananas & Pretzel	8 a.m. Peaches & Cottage Cheese Veggie Stir fry W/ Brown Rice Snap Peas Mandarin Oranges p.m. Sun Butter & Jam Sandwich Squares
11 a.m. Whole Grain Waffles & Berries Whole Wheat Fettuccine Alfredo w/Grilled Chicken Garlic Bread Asparagus Pineapple p.m. Pita Bread & Hummus	12 a.m. Biscuits & Fruit Chicken Noodle Soup Toasted Pita Bread Cauliflower Pears p.m. Cheese Itz Crackers & Carrots	13 a.m. Wheat Cheese Toast Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges p.m. Sun butter & Jam Sandwich Squares	14 a.m. Cinnamon Toast & Fruit Chicken and *Broccoli Pasta Garlic Bread Peas & Carrots Mixed Fruit p.m. Carrots w/ Ranch Dip and Crackers	15 a.m. Pancakes w/ Banana Slices Pinto Bean Chili W/ Corn Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices Cheese & *Tomato Quesadilla
18 a.m. Chex Cereal & Fruit Green Chile Chicken Casserole Spanish Rice Asparagus Pineapple p.m. Cheese Itz Crackers & Carrots	19 a.m. Muffins & Berries Lite Chicken Divan Wheat Bread Corn & Fresh *Tomato Pears p.m. Animal Crackers & Cucumber Slices	20 a.m. Pumpkin Oatmeal Lasagna Bake Garlic Bread *Broccoli Mandarin Oranges p.m. *Fresh Melon & Crackers	21 a.m. English Muffins & Sun Butter Chicken Chili W/ Brown Rice Carrots *Apple Slices p.m. *Apples & Cheese Slices	22 a.m. Warm Cinnamon *Apples & Graham Crackers *Broccoli Cheese Soup Toasted Pita Bread Peas Bananas English Muffins W/ Sun butter & Bananas Slices
Stepping Stone School Closed in observance of Christmas Day!	26 a.m. Biscuits & Fruit Turkey & Cheese Toasted Sandwiches Wheat Bread Cauliflower *Fresh Melon p.m. Cheese Itz Crackers & Carrots	27 a.m. Yogurt & Granola Fiesta Chicken Taco Casserole *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Turkey & Cheese Tortillas	28 a.m. Cinnamon Toast & Fruit Grilled Chicken & Cheese Pita Sandwich Zucchini & Squash Mandarin Oranges p.m. Carrots, Ranch Dip & Crackers	29 a.m. Pancakes w/ Banana Slices Lemon & Broccoli Rotini Wheat Bread Peas & Carrots Pears p.m. Cheese & *Tomato Quesadilla



December
2023

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.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

*** Indicates local Farm Fresh Options**

Ask your principal about vegetarian & vegan dietary needs!

