

CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Stepping Stone School Closed in observance of New Year's Day!</p>	<p>2</p> <p>a.m. Sausage Biscuit Beef and Fresh *Tomato Bake Wheat Bread Coleslaw & Pinto Beans Pineapple p.m. English Muffin Cheese & Pepperoni Slices</p>	<p>3</p> <p>a.m. Wheat Cheese Toast Chicken Veggie Salad Wraps Corn & *Fresh Tomato Mandarin Oranges p.m. *Apple Slices & Animal Crackers</p>	<p>4</p> <p>a.m. Peaches & Cottage Cheese Turkey Tetrazzini Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch *Apple Slices p.m. Bananas & Pretzel</p>	<p>5</p> <p>a.m. Whole Grain Waffles w/Fruit Whole Wheat Fettuccine Alfredo Garlic Bread Mixed Vegetables Bananas p.m. Sun Butter & Jam Sandwich Squares</p>
<p>8</p> <p>a.m. Chex Cereal & Berries Cheesy Chicken and Spinach Casserole Flour Tortillas Green Beans Peaches p.m. Cheese Itz Crackers & Fruit</p>	<p>9</p> <p>a.m. Muffins & Fruit Shepard's Pie Garlic Bread Corn Apple Sauce p.m. Animal Crackers & Cucumber Slices</p>	<p>10</p> <p>a.m. Pumpkin Oatmeal Beef Stroganoff Wheat Bread *Broccoli Mixed Fruit p.m. *Fresh Melon & Crackers</p>	<p>11</p> <p>a.m. English Muffins & Sun Butter Baked Chicken W/ Stuffing Carrots Mandarin Oranges p.m. *Apples & Cheese Slices</p>	<p>12</p> <p>a.m. Warm Cinnamon *Apples & Graham Crackers Tomato Soup Toasted Cheese Sandwich Peas *Apple Slices p.m. English Muffins w/ Sun butter & Bananas Slices</p>
<p>15</p> <p>a.m. Whole Grain Waffles & Berries Whole Wheat Fettuccine Alfredo W/Grilled Chicken Garlic Bread Asparagus Pineapple p.m. Pita Bread & Hummus</p>	<p>16</p> <p>a.m. Biscuits & Fruit Turkey Flat Bread Pizza Cauliflower Pears p.m. Cheese Itz Crackers & Carrots</p>	<p>17</p> <p>a.m. Wheat Cheese Toast Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges p.m. Sun butter & Jam Sandwich Squares</p>	<p>18</p> <p>a.m. Cinnamon Toast & Fruit Chicken and *Broccoli Pasta Garlic Bread Peas & Carrots Mixed Fruit p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>19</p> <p>a.m. Pancakes w/ Banana Slices Spaghetti W/ Marinara Sauce Garlic Bread *Tomato & Cheese Salad w/ Low Fat Italian *Fresh Melon p.m. Cheese & *Tomato Quesadilla</p>
<p>22</p> <p>a.m. Bagels w/ Sun Butter Tuna Salad Sandwich On Wheat Bread Green Beans Pears p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>23</p> <p>a.m. Sausage Biscuit Soft Tacos Refried Pinto Beans Corn Pineapple p.m. English Muffin Cheese & Pepperoni Slices</p>	<p>24</p> <p>a.m. Yogurt & Granola Chicken, Brown Rice & Cheese Casserole Wheat Bread *Broccoli Mandarin Oranges p.m. *Apple Slices & Cheese</p>	<p>25</p> <p>a.m. Pancakes w/ Banana Slices Parmesan Chicken with Linguine Pasta Wheat Bread Carrots Peaches p.m. Bananas & Pretzels</p>	<p>26</p> <p>a.m. Peaches & Cottage Cheese Three Bean soup Toasted Pita Bread Peas *Apple Slices p.m. Sun Butter & Jam Sandwich Squares</p>
<p>29</p> <p>a.m. Chex cereal & Berries Beef, Bean and Cheese Burritos Flour Tortillas Asparagus Peaches p.m. Cheese itz Crackers & Fruit</p>	<p>30</p> <p>a.m. Fruit and Muffins Rotini Pasta Salad w/ Ham, *Broccoli and Cheese Wheat Bread Cauliflower Apple Sauce p.m. Animal Crackers & Cucumber Slices</p>	<p>31</p> <p>a.m. Pumpkin Oatmeal Sloppy Joes Sandwiches On Wheat Bread Coleslaw Mixed Fruit p.m. *Fresh Melon & Crackers</p>		



January
2024

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!



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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!

