

# PREPARED MEALS · HYDE PARK/MUELLER

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>happy new year</p>				
		2	3	4
		a.m. Low fat Yogurt w/ Fresh Berries <b>Macaroni &amp; Beef w/ Tomato Sauce</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Apple Slices</b> p.m. Cauliflower/Broccoli & Low Fat Ranch	a.m. Chex Cereal Squares <b>Chicken Spaghetti</b> <b>Toasted Garlic Bread</b> <b>Broccoli</b> <b>Mandarin Oranges</b> p.m. Apples	a.m. Bagels w/ Cream Cheese <b>Broccoli &amp; Cheese Soup</b> <b>Whole Wheat Bread</b> <b>Corn</b> <b>Peaches</b> p.m. Pita Bread & Hummus
7	8	9	10	11
a.m. Biscuits w/ Fruit Jam <b>Chicken &amp; Dumplings</b> <b>Whole Wheat Bread</b> <b>Broccoli</b> <b>Apple Sauce</b> p.m. Rice Cakes	a.m. Whole Grain Pancakes <b>Cod Fish Fillet</b> <b>Whole Wheat Bread</b> <b>Carrots</b> <b>Peaches</b> p.m. Pretzels & Cheese Slices	a.m. Multigrain Cheerios <b>Chicken Fried Rice</b> <b>Whole Wheat Bread</b> <b>Peas</b> <b>Pineapple</b> p.m. Cucumbers/Carrots & Low Fat Ranch	a.m. Low Fat Yogurt <b>Beef Tacos</b> <b>Whole Wheat Bread</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Melon</b> p.m. Apples & Cheese Slices	a.m. Banana <b>Macaroni &amp; Cheese</b> <b>Pita Bread</b> <b>Mixed Veggies</b> <b>Mixed Fruit</b> p.m. Cheese Slices & Whole Wheat Crackers
14	15	16	17	18
a.m. Fruit and Grain Bars <b>Alfredo Chicken</b> <b>Garlic Bread</b> <b>Squash</b> <b>Pears</b> p.m. Baked Cheese Crackers	a.m. Whole Grain Waffles <b>Beef Lasagna</b> <b>Whole Wheat Bread</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Peaches & Cottage Cheese Dip	a.m. Low Fat Yogurt w/ Fresh Berries <b>Chicken Breast Strips</b> <b>Whole Wheat Bread</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Apple Slices</b> p.m. Cauliflower/ Broccoli & Low Fat Ranch	a.m. Chex Cereal Squares <b>Garlic Chicken Veggie Pasta</b> <b>Whole Wheat Bread</b> <b>Snap Peas</b> <b>Mandarin Oranges</b> p.m. Apples	a.m. Bagels w/ Cream Cheese <b>Cheese Ravioli</b> <b>Garlic Bread</b> <b>Broccoli</b> <b>Peaches</b> p.m. Pita Bread & Hummus
21	22	23	24	25
a.m. English Muffins w/ Fruit Jam <b>Chicken Tacos</b> <b>Tortillas</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Rice Cakes	a.m. Whole Grain Pancakes <b>Chicken Lasagna</b> <b>Garlic Bread</b> <b>Asparagus</b> <b>Peaches</b> p.m. Pretzels & Cheese Slices	a.m. Multigrain Cheerios <b>Beef and Broccoli</b> <b>Whole Wheat Bread</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Cucumbers/ Carrots & Low Fat Ranch	a.m. Low Fat Yogurt <b>Chicken Quesadilla</b> <b>Tortillas</b> <b>Tomato &amp; Cheese Salad (Italian Dressing)</b> <b>Melon</b> p.m. Apples & Cheese Slices	a.m. Banana <b>Fettuccini Alfredo</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Mixed Fruit</b> p.m. Cheese Slices & Whole Wheat Crackers
28	29	30	31	
a.m. Fruit and Grain Bars <b>Cheesy Chicken Pasta</b> <b>Garlic Bread</b> <b>Squash</b> <b>Pears</b> p.m. Baked Cheese Crackers	a.m. Whole Grain Waffles <b>Mexican Beef Casserole</b> <b>Whole Wheat Bread</b> <b>Carrots</b> <b>Pineapple</b> p.m. Peaches & Cottage Cheese Dip	a.m. Low Fat Yogurt w/ Fresh Berries <b>Chicken Enchiladas</b> <b>Flour Tortillas</b> <b>Tomato &amp; Cheese Salad (Low Fat Ranch)</b> <b>Apple Slices</b> p.m. Cauliflower/ Broccoli & Low Fat Ranch	a.m. Chex Cereal Squares <b>Sweet and Sour Chicken</b> <b>Whole Wheat Bread</b> <b>Mixed Veggies</b> <b>Mandarin Oranges</b> p.m. Apples	



January  
2019

Discovery Day!

Join us Thursday, January 17<sup>th</sup>, as we host our Discovery Day across our Stepping Stone School campuses!

We invite you to:

- Read a book to a classroom
- Have a snack or lunch with your child
- Participate in a craft with your child

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.
- Children under two are served cheerios in place of pretzels.