CHEF PREPARED MEALS · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
			1 a.m. Rice Chex & Milk **Sesame Chicken Slaw Wraps** **Flour Tortillas** **Yellow Squash** **Mandarin Oranges** p.m. English Muffin Pizzas	2 a.m. Apple Sauce & Cheese Slices **Bean & Cheese Burritos** **Flour Tortillas** **Corn & Fresh Tomatoes** ***Fresh Melon** p.m. Fruit Salad & Crackers
5 a.m. Whole Grain Waffles & Jam **Chicken Tetrazzini** **Brown Rice** **Green Beans** **Mandarin Oranges** p.m. Cheese Itz Crackers & Cucumbers	6 a.m. Wheat Cheese Toast **Chicken Spaghetti** **Whole Wheat Bread** **Chopped Broccoli** **Peaches** p.m. Sun butter & Jam Sandwich Squares	7 a.m. Fruit and Yogurt Parfait **Turkey & Cheese Wraps** **Flour Tortillas** **Corn** **Pears** p.m. Cucumbers/ *Carrots & Ranch Dip	8 a.m. Bananas & Graham Crackers **Teriyaki Chicken** **Brown Rice** **Snap Peas** **Banana** p.m. Cheese Slices & Whole Wheat Crackers	9 a.m. Whole Grain Fig Bars **Cheese Tortellini w/ Marinara** **Garlic Bread** **Mixed Vegetables** ***Apple Slices** p.m. Pretzels & Sun Butter
12 a.m. Whole Grain Pancakes & Jam **Sweet & Sour Chicken w/ Veggies** **Brown Rice** **Green Beans** **Mandarin Oranges** p.m. Rice Cakes & Carrots	13 a.m. Fruit & Grain Bars **Cod Filet Tacos on Corn Tortillas** **Chopped Broccoli** **Peaches** p.m. Pita Bread & Hummus	14 a.m. Buttered Cinnamon Toast **Beef Lasagna on Flour Tortillas** **Snap Peas** **Pears** p.m. Crackers, Cheese & Pepperoni Slices	15 a.m. Yogurt & Berries **Texas Ranch Chicken** **Garlic Bread** **Corn** ***Apple Slices** p.m. English Muffin Pizzas	16 a.m. Apples & Sun Butter **Vegetable Soup** **Pita Bread** **Mixed Vegetables** **Bananas** p.m. Fruit Salad & Crackers
19 a.m. Bagel & Cream Cheese **Grilled Chicken & Veggie Pasta** **Whole Wheat Bread** **Asparagus** **Pineapple** p.m. Cheese Itz Crackers & Cucumbers	20 a.m. Sausage Biscuit **Beef Tacos on Corn Tortillas** **Cauliflower** **Apple Sauce** p.m. Sun butter & Jam Sandwich Squares	21 a.m. English Muffins & Bananas Slices **Chicken Breast Strips** **Garlic Bread** **Carrots** **Mixed Fruit** p.m. Cucumbers/ *Carrots & Ranch Dip	22 a.m. Rice Chex & Milk **Meatloaf** **Whole Wheat Bread** ***Tomato & Cheese Salad w/ Low Fat Italian** **Mandarin Oranges** p.m. Cheese Slices & Whole Wheat Crackers	23 a.m. Apple Sauce & Cheese Slices **Macaroni & Cheese** **Whole Wheat Bread** **Peas** ***Fresh Melon** p.m. Pretzels & Sun Butter
26 a.m. Whole Grain Waffles & Jam **Chicken Stir Fry w/ Lo Mein** **Whole Wheat Bread** **Zucchini** **Mandarin Oranges** p.m. Rice Cakes & Carrots	27 a.m. English Muffins & Soy Butter **Beef Ravioli** **Whole Wheat Bread** **Peas & Carrots** **Peaches** p.m. Pita Bread & Hummus	28 a.m. Fruit and Yogurt Parfait **Chicken and Dumplings** **Garlic Bread** ***Tomato & Cheese Salad w/ Low Fat Ranch** **Mixed Fruit** p.m. Crackers, Cheese & Pepperoni Slices	29 a.m. Bananas & Graham Crackers **Flame Broiled Burgers** **Yellow Squash** ***Apple Slices** p.m. English Muffin Pizzas	30 a.m. Whole Grain Fig Bars **Tomato Soup** **Grilled Cheese Sandwich** **Corn & *Fresh Tomatoes** **Bananas** p.m. Fruit Salad & Crackers

STEPPING STONE SCHOOL

June 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!

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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.
- All eggs are fully cooked before serving

. Vegetarian Alternative Offered

**** Indicates local Farm Fresh Options***

FARM Fresh

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