



Stepping Stones Preschool

August 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|---|---|--|--|
| WEEK 1 | <p>B: Blueberry Muffins, Yogurt, Milk*</p> <p>AM: Crackers* / Cheese</p> <p>L: Hot Dogs, 100% Whole Grain Bread, Mac & Cheese, Corn, Mix Fruit, Milk*</p> <p>PM: Crackers* / Cheese</p> | <p>B: Cereal*, Banana, Milk*</p> <p>AM: Cheese / Apples</p> <p>L: Chicken Nuggets, Stuffing, 100% whole grain bread, Corn, Peaches, Milk*</p> <p>PM: Crackers* / Cheese</p> | <p>B: 100% Whole Grain Waffles, Applesauce, Milk*</p> <p>AM: Crackers* / Cheese</p> <p>L: Cheese Pizza, Broccoli, Pineapple, Milk*</p> <p>PM: Cheese Puffs / Apples</p> | <p>B: Eggs, 100% Whole Grain Bread, 1 Ketchup, Applesauce, Milk*</p> <p>AM: Chex Mix / Cheese</p> <p>L: Meatballs, Sauce, 100% Whole Grain Bread, Peas, Peaches, Milk*</p> <p>PM: Mini Rice Crisps / Cheese</p> | <p>B: Blueberry Muffins, Yogurt, 2 Milk*</p> <p>AM: Crackers* / Apples</p> <p>L: Chicken Parm, 100% Whole Grain Bread, Noodles, Green Beans, Peas, Milk*</p> <p>PM: Crackers* / Cheese</p> |
| WEEK 2 | <p>B: Cereal*, Orange Juice, Milk* 5</p> <p>AM: bread w/melted cheese</p> <p>L: Grilled Cheese on 100% Whole Grain Bread, Tomato Soup, Mix Veggies, Milk*</p> <p>PM: Crackers* / Apples</p> | <p>BB: Eggs, 100% Whole Grain 6 Bread, Ketchup, Applesauce, Milk*</p> <p>AM: Crackers / Cheese Stick</p> <p>L: Tacos, Meat, Chips, Tortilla Shells, 100% Whole Grain Bread, Cheese, Corn, Pineapples, Milk*</p> <p>PM: Chips / Salsa / Cheese</p> | <p>B: 100% Whole Grain Pancakes, 7 Watermelon, Milk*</p> <p>AM: Cheese Balls / Oranges</p> <p>L: Fish Sticks, Mac & Cheese, Corn, Apples, Milk*</p> <p>PM: Pretzels / Yogurt</p> | <p>B: EB: Bagels, Cream Cheese, 8 Peaches, Milk*</p> <p>AM: Chex Mix / Cheese</p> <p>L: Beef Stroganoff, 100% Whole Grain Bread, Broccoli, Mix Fruit, Milk*</p> <p>PM: Mini Rice Crisps / Apples</p> | <p>B: Banana, Muffins, Milk* 9</p> <p>AM: Crackers* / Cheese</p> <p>L: Ham and Cheese, 100% Whole Grain Bread, Peas, Pears, Milk*</p> <p>PM: Carrots & Dip / Cheese</p> |
| WEEK 3 | <p>B: 100% Whole Grain French 12 Toast, Milk*</p> <p>AM: Crackers* / Pineapple</p> <p>L: Chicken Alfredo, 100% Whole Grain Bread, Broccoli, Peaches, Milk*</p> <p>PM: Bread w/melted cheese</p> | <p>B: Biscuits & Sausage, 13 Applesauce, Milk*</p> <p>AM: Crackers* / Carrots & Dip</p> <p>L: Hamburger, 100% Whole Grain Bread, French Fries, Ketchup, Peaches, Milk*</p> <p>PM: Crackers* / Cheese</p> | <p>B: 100% Whole Grain Waffles, 14 Banana, Milk*</p> <p>AM: Crackers* / Yogurt</p> <p>L: Ham and Cheese, 100% Whole Grain Bread, Peas, Pears, Milk*</p> <p>PM: Crackers* / Apples</p> | <p>B: Eggs, 100% Whole Grain 15 Bread, Ketchup, Applesauce, Milk*</p> <p>AM: Banana Bread / Yogurt</p> <p>L: Cream of Chicken with Rice, Roll, Green Beans, Peaches, Milk*</p> <p>PM: Chips / Salsa / Cheese</p> | <p>B: 100% Whole Grain Toast, 16 Yogurt, Banana, Milk*</p> <p>AM: Pretzels / Cheese</p> <p>L: Beef Vegetable Soup, Roll, Peaches, Milk*</p> <p>PM: Cheese / Crackers*</p> |
| WEEK 4 | <p>B: Cereal*, Orange Juice, Milk* 19</p> <p>AM: Bread w/melted cheese</p> <p>L: Chicken Patties, 100% Whole Grain Bread, Green Beans, Peas, Milk*</p> <p>PM: Crackers* / Apples</p> | <p>B: Bagels, Cream Cheese, 20 Peaches, Milk*</p> <p>AM: Crackers* / Cheese Stick</p> <p>L: Mozzarella Sticks, Butter noddle's, 100% whole grain bread, Corn, Peaches, Milk*</p> <p>PM: Crackers* / Oranges</p> | <p>B: 100% Whole Grain 21 Pancakes, Oranges, Milk*</p> <p>AM: Crackers* / Oranges</p> <p>L: Chicken Quesadillas, Salsa, Green Beans, Apples, Milk*</p> <p>PM: Chex Mix / Cheese</p> | <p>B: Eggs, 100% Whole Grain 22 Bread, Ketchup, Applesauce, Milk*</p> <p>AM: Chex Mix / Cheese</p> <p>L: Meatballs, Sauce, 100% Whole Grain Bread, Peas, Peaches, Milk*</p> <p>PM: Mini Rice Crisps / Cheese</p> | <p>B: Blueberry Muffins, Yogurt, 23 Milk*</p> <p>AM: Crackers* / Cheese</p> <p>L: Hot Dogs, 100% Whole Grain Bread, Mac & Cheese, Corn, Mix Fruit, Milk*</p> <p>PM: Crackers* / Cheese</p> |
| WEEK 5 | <p>B: 100% Whole Grain 26 Pancakes, Watermelon, Milk*</p> <p>AM: Cheese Balls / Oranges</p> <p>L: Fish Sticks, Mac & Cheese, Corn, Apples, Milk*</p> <p>PM: Pretzels / Yogurt</p> | <p>B: Biscuit and Sausage, 27 Applesauce, Milk*</p> <p>AM: Carrots & Dip / Cheese</p> <p>L: Spaghetti with Meat Sauce, 100% Whole Grain Bread, Corn, Mixed Fruit, Milk*</p> <p>PM: Pretzels / Cheese</p> | <p>B: 100% Whole Grain Waffles, 28 Applesauce, Milk*</p> <p>AM: Crackers* / Cheese</p> <p>L: Cheese Pizza, Broccoli, Pineapple, Milk*</p> <p>PM: Cheese Puffs / Apples</p> | <p>B: Eggs, 100% Whole Grain 29 Bread, Ketchup, Applesauce, Milk*</p> <p>AM: Blueberry Muffins / Yogurt</p> <p>L: Chicken Patties, 100% Whole Grain Bread, Green Beans, Peas, Milk*</p> <p>PM: Bread w/melted cheese</p> | <p>B: Cereal*, Banana, Milk* 30</p> <p>AM: Cheese / Apples</p> <p>L: Chicken Nuggets, Mashed Potatoes, Corn, Peaches, Milk*</p> <p>PM: Crackers* / Cheese</p> |

*1% Milk or Whole Milk (under 2 yrs. of age) served both breakfast and lunch
 *Cereals (Kix, Life, Mini Wheats, Cheerios, Corn Flakes, Chex)
 *Crackers (Goldfish, Club, Ritz, Saltines, Animal, Graham)