

PREPARED MEALS • MUELLER | HYDE PARK



January
2021

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 1st is National Black Eyed Pea Day!!</p> <p>Share your favorite Black Eyed Pea recipe, or your own family traditions that bring you good luck in the new year!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #4b0082; color: white; padding: 10px; text-align: center;"> <p>Happy New Year!!! *Stepping Stone School Closed*</p> <p>National Black Eyed Pea Day!</p> </div> </div>				
<p>4</p> <p>a.m. Whole Grain Waffles Sweet & Sour Chicken w/ Veggies Brown Rice Green Beans Mandarin Oranges p.m. Rice Cakes</p>	<p>5</p> <p>a.m. English Muffins & Soy Butter Whole Wheat Fettuccine Alfredo Chicken Garlic Bread Chopped Broccoli Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch</p>	<p>6</p> <p>a.m. Cinnamon Toast Beef Lasagna on Flour Tortillas Snap Peas Pears p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>7</p> <p>a.m. Yogurt Texas Ranch Chicken Garlic Bread Corn Banana p.m. Sun butter & Jam Sandwich Squares</p>	<p>8</p> <p>a.m. Banana Vegetable Soup Pita Bread Mixed Vegetables *Apple Slices p.m. Pretzels & Sun Butter</p>
<p>11</p> <p>a.m. Bagel & Cream Cheese Grilled Chicken & Veggie Pasta Whole Wheat Bread Asparagus Pineapple p.m. Baked Cheese Crackers</p>	<p>12</p> <p>a.m. Wheat Cheese Toast Beef Tacos on Corn Tortillas Cauliflower Apple Sauce p.m. Pita Bread & Hummus</p>	<p>13</p> <p>a.m. English Muffins, Sun butter & Bananas Slices Chicken Breast Strips Garlic Bread Carrots Mixed Fruit p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>14</p> <p>a.m. Fruit & Grain Bars Meatloaf Whole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. English Muffin Pizzas</p>	<p>15</p> <p>a.m. Fruit and Yogurt Parfait Macaroni & Cheese Whole Wheat Bread Peas *Fresh Melon p.m. *Apples & Sun Butter</p>
<p>18</p> <p>a.m. Whole Grain Pancakes Chicken Stir Fry w/ Lo Mein Zucchini Mandarin Oranges p.m. Rice Cakes</p>	<p>19</p> <p>a.m. Sausage Biscuit Beef Ravioli Whole Wheat Bread Peas & Carrots Peaches p.m. Cucumbers/ *Carrots & Low Fat Ranch</p>	<p>20</p> <p>a.m. Fruit and Yogurt Parfait Chicken and Dumplings Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch Mixed Fruit p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>21</p> <p>a.m. Bananas Flame Broiled Burgers on Wheat Buns Yellow Squash Banana p.m. Sun butter & Jam Sandwich Squares</p>	<p>22</p> <p>a.m. Whole Grain Fig Bars Macaroni & Cheese Whole Wheat Bread Corn & *Fresh Tomatoes *Apple Slices p.m. Pretzels & Sun Butter</p>
<p>25</p> <p>a.m. Whole Grain Waffles Cheesy Ranch Chicken Garlic Bread Green Beans Pineapple p.m. Baked Cheese Crackers</p>	<p>26</p> <p>a.m. English Muffins & Soy Butter Macaroni & Beef w/ Tomatoes Whole Wheat Bread Chopped Broccoli Apple Sauce p.m. Pita Bread & Hummus</p>	<p>27</p> <p>a.m. Cinnamon Toast Chicken & Broccoli Rice Casserole Carrots Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>29</p> <p>a.m. Yogurt Chicken, Spinach & Cheese Enchiladas on Flour Tortillas Corn Mandarin Oranges p.m. English Muffin Pizzas</p>	<p>30</p> <p>a.m. Banana Cheese Ravioli Pita Bread Mixed Vegetables *Fresh Melon p.m. Apples & Sun Butter</p>