

# PREPARED MEALS • MUELLER | HYDE PARK



August  
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
- Vegetarian Alternative Offered

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p>a.m. Whole Grain Waffles <b>Cheesy Ranch Chicken Garlic Bread Green Beans Pineapple</b> p.m. Baked Cheese Itz Crackers</p>	<p><i>*National Watermelon Day*</i> 3</p> <p>a.m. English Muffins &amp; Soy Butter <b>Macaroni &amp; Beef w/ Tomatoes Whole Wheat Bread Chopped Broccoli Apple Sauce</b> p.m. *Fresh Watermelon</p>	<p>4</p> <p>a.m. Cinnamon Toast <b>Chicken &amp; Broccoli Rice Casserole Whole Wheat Bread Carrots Pears Crackers, Cheese &amp; p.m. Pepperoni Slices</b></p>	<p>5</p> <p>a.m. Yogurt <b>Chicken, Spinach &amp; Cheese Enchiladas on Flour Tortillas Corn Mandarin Oranges</b> p.m. English Muffin Pizzas</p>	<p>6</p> <p>a.m. Banana <b>Cheese Ravioli Pita Bread Mixed Vegetables *Fresh Melon</b> p.m. Apples &amp; Sun Butter</p>	
<p>9</p> <p>a.m. Bagel &amp; Cream Cheese <b>Beef &amp; Bean Burritos Flour Tortillas Asparagus Mandarin Oranges</b> p.m. Rice Cakes</p>	<p>10</p> <p>a.m. Wheat Cheese Toast <b>Cod Filet Tacos on Corn Tortillas Cauliflower Peaches</b> p.m. Cucumbers/ *Carrots &amp; Low Fat Ranch</p>	<p>11</p> <p>a.m. English Muffins, Sun butter &amp; Bananas Slices <b>Garlic Chicken &amp; Veggie Pasta Whole Wheat Bread Snap Peas Mixed Fruit</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>12</p> <p>a.m. Fruit &amp; Grain Bars <b>Chicken Spaghetti Whole Wheat Bread *Tomato &amp; Cheese Salad w/ Low Fat Italian Banana</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>13</p> <p>a.m. Fruit and Yogurt Parfait <b>Manicotti w/ Marinara Garlic Bread Peas *Apple Slices</b> p.m. Pretzels &amp; Sun Butter</p>	
<p>16</p> <p>a.m. Whole Grain Waffles <b>Chicken &amp; Cheese Enchiladas Bake Flour Tortillas Green Beans Pineapple</b> p.m. Baked Cheese Crackers</p>	<p>17</p> <p>a.m. English Muffins &amp; Soy Butter <b>Turkey Meatball Bits w/ Marinara Whole Wheat Bread Chopped Broccoli *Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p>18</p> <p>a.m. Cinnamon Toast <b>Chicken Veggie Salad Wraps Flour Tortillas Carrots Pears</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>	<p>19</p> <p>a.m. Yogurt <b>Baked Ziti W/ Meat Sauce Garlic Bread Corn Mandarin Oranges</b> p.m. English Muffin Pizzas</p>	<p>20</p> <p>a.m. Banana <b>Broccoli Cheese Soup Pita Bread Mixed Vegetables *Fresh Melon</b> p.m. *Apples &amp; Sun Butter</p>	
<p>23</p> <p>a.m. Bagel &amp; Cream Cheese <b>Chicken &amp; Cheese Pasta w/ Veggies Whole Wheat Bread Asparagus Mandarin Oranges</b> p.m. Rice Cakes</p>	<p>24</p> <p>a.m. Wheat Cheese Toast <b>Cod Fish Filets Whole Wheat Bread Cauliflower Peaches</b> p.m. Cucumbers/ *Carrots &amp; Low Fat Ranch</p>	<p>25</p> <p>a.m. English Muffins, Sun butter &amp; Bananas Slices <b>Tortilla Beef Bake Flour Tortillas Snap Peas Mixed Fruit</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>26</p> <p>a.m. Fruit &amp; Grain Bars <b>Chicken Fajitas with Cheese Flour Tortillas *Tomato &amp; Cheese Salad w/ Low Fat Italian Banana</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>27</p> <p>a.m. Fruit and Yogurt Parfait <b>Vegetarian Lasagna Bake Whole Wheat Bread Peas *Apple Slices</b> p.m. Pretzels &amp; Sun Butter</p>	
<p>30</p> <p>a.m. Whole Grain Pancakes <b>Chicken Pot Pie Whole Wheat Bread Zucchini Pineapple</b> p.m. Baked Cheese Itz Crackers</p>	<p>31</p> <p>a.m. Sausage Biscuit <b>Beef Lo Mein and Veggies Whole Wheat Bread Peas &amp; Carrots Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p><b>August 3rd is National Watermelon Day!!</b> <b>Share your favorite Watermelon recipe with us on Social Media!</b></p>			

