

CHEF PREPARED MEALS • MULLER | HYDE PARK

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



September
2022

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.
- All eggs are fully cooked before serving
- * **Indicates local Farm Fresh Options**

Ask your principal about vegetarian & vegan dietary needs!

