



# CHEF PREPARED NUTRITION PLAN • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>a.m. Sausage Biscuit <b>Beef Lo Mein and Veggies</b> <b>Whole Wheat Bread</b> <b>Peas &amp; Carrots</b> <b>Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p>2</p> <p>a.m. Chex Cereal Squares w/Milk <b>Turkey &amp; Cheese Sandwiches</b> <b>on Whole Wheat Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>Pears</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>	<p>3</p> <p>a.m. Bananas w/Graham Crackers <b>Sesame Chicken Slaw Wraps</b> <b>Flour Tortillas</b> <b>Yellow Squash</b> <b>Mandarin Oranges</b> p.m. English Muffin Pizzas</p>	<p>4</p> <p>a.m. Whole Grain Fig Bars <b>Bean &amp; Cheese Burritos</b> <b>Flour Tortillas</b> <b>Corn &amp; Fresh Tomatoes</b> <b>*Fresh Melon</b> p.m. *Apples &amp; Sun Butter</p>
<p>7</p> <p>a.m. Whole Grain Waffles w/Fruit Jam <b>Chicken Tetrizzini</b> <b>Brown Rice</b> <b>Green Beans</b> <b>Mandarin Oranges</b> p.m. Rice Cakes w/Sun Butter</p>	<p>8</p> <p>a.m. English Muffins &amp; Soy Butter <b>Chicken Spaghetti</b> <b>Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Peaches</b> p.m. Cucumbers/ *Carrots &amp; Pretzels</p>	<p>9</p> <p>a.m. Cinnamon Toast &amp; Milk <b>Turkey &amp; Cheese Wraps</b> <b>Flour Tortillas</b> <b>Corn</b> <b>Pears</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>10</p> <p>a.m. Yogurt w/ Berries <b>Teriyaki Chicken</b> <b>Brown Rice</b> <b>Snap Peas</b> <b>Banana</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>11</p> <p>a.m. Banana &amp; Graham Crackers <b>Cheese Tortellini</b> <b>w/ Marinara</b> <b>Garlic Bread</b> <b>Mixed Vegetables</b> <b>*Apple Slices</b> p.m. Pretzels &amp; Sun Butter</p>
<p>14</p> <p>a.m. Whole Grain Waffles w/Fruit Jam <b>Sweet &amp; Sour Chicken</b> <b>w/ Veggies</b> <b>Brown Rice</b> <b>Green Beans</b> <b>Mandarin Oranges</b> p.m. Rice Cakes &amp; Sun Butter</p>	<p>15</p> <p>a.m. Sausage Biscuit <b>*Family Feast Luncheon*</b> <b>Turkey</b> <b>Rolls</b> <b>Green Beans</b> <b>Mashed Potatoes</b> <b>Stuffing</b> p.m. Pumpkin Pie</p>	<p>16</p> <p>a.m. Cinnamon Toast w/ Milk <b>Beef Lasagna</b> <b>on Flour Tortillas</b> <b>Snap Peas</b> <b>Pears</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>17</p> <p>a.m. Yogurt w/Berries <b>Texas Ranch Chicken</b> <b>Garlic Bread</b> <b>Corn</b> <b>Banana</b> p.m. Pita Bread &amp; Hummus</p>	<p>18</p> <p>a.m. Banana &amp; Graham Crackers <b>Vegetable Soup</b> <b>Pita Bread</b> <b>Mixed Vegetables</b> <b>*Apple Slices</b> p.m. Pretzels &amp; Sun Butter</p>
<p>21</p> <p>a.m. Bagel &amp; Cream Cheese <b>Grilled Chicken &amp; Veggie</b> <b>Pasta</b> <b>Whole Wheat Bread</b> <b>Asparagus</b> <b>Pineapple</b> p.m. Baked Cheese Itz Crackers &amp; Cheese Slices</p>	<p>22</p> <p>a.m. Fruit &amp; Grain Bars <b>Beef Tacos</b> <b>on Corn Tortillas</b> <b>Cauliflower</b> <b>Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p>23</p> <p>a.m. Wheat Cheese Toast <b>Chicken Breast Strips</b> <b>Garlic Bread</b> <b>Carrots</b> <b>Mixed Fruit</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>		
<p>28</p> <p>a.m. Whole Grain Pancakes w/Fruit Jam <b>Chicken Stir Fry w/ Lo Mein</b> <b>Whole Wheat Bread</b> <b>Zucchini</b> <b>Mandarin Oranges</b> p.m. Rice Cakes w/Sun Butter</p>	<p>29</p> <p>a.m. Sausage Biscuit <b>Beef Ravioli</b> <b>Whole Wheat Bread</b> <b>Peas &amp; Carrots</b> <b>Peaches</b> p.m. Cucumbers/ *Carrots &amp; Pretzels</p>	<p>30</p> <p>a.m. Fruit and Yogurt Parfait <b>Chicken and Dumplings</b> <b>Garlic Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>Mixed Fruit</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>		



November  
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
- Vegetarian Alternative Offered

\* **Indicates local Farm Fresh Options**

**Ask your principal about vegetarian & vegan dietary needs!**

