

CHEF PREPARED MEALS • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		a.m. Fruit and Yogurt Parfait Chicken Veggie Salad Wraps Flour Tortillas Carrots Pears p.m. Crackers, Cheese & Pepperoni Slices	a.m. Bananas & Graham Crackers Baked Ziti W/ Meat Sauce Garlic Bread Corn Mandarin Oranges p.m. English Muffin Pizzas	a.m. Whole Grain Fig Bars Broccoli Cheese Soup Pita Bread Mixed Vegetables *Fresh Melon p.m. Fruit Salad & Crackers
6	7	8	9	10
a.m. Bagel & Cream Cheese Chicken & Cheese Pasta w/ Veggies Whole Wheat Bread Asparagus Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers	a.m. English Muffins & Soy Butter Cod Fish Filets Whole Wheat Bread Cauliflower Peaches p.m. Sun butter & Jam Sandwich Squares	a.m. Buttered Cinnamon Toast Tortilla Beef Bake Flour Tortillas Snap Peas Mixed Fruit p.m. Cucumbers/ *Carrots & Ranch Dip	a.m. Yogurt & Berries Chicken Fajitas with Cheese Flour Tortillas *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices p.m. Cheese Slices & Whole Wheat Crackers	a.m. Apples & Sun Butter Vegetarian Lasagna Bake Whole Wheat Bread Peas Bananas p.m. Pretzels & Sun Butter
13	14	15	16	17
a.m. Whole Grain Pancakes & Jam Chicken Pot Pie Whole Wheat Bread Zucchini Pineapple p.m. Rice Cakes & Carrots	a.m. Sausage Biscuit Beef Lo Mein and Veggies Whole Wheat Bread Peas & Carrots Apple Sauce p.m. Pita Bread & Hummus	a.m. English Muffins & Bananas Slices Turkey & Cheese Sandwiches on Whole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Pears p.m. Crackers, Cheese & Pepperoni Slices	a.m. Rice Chex & Milk Sesame Chicken Slaw Wraps Flour Tortillas Yellow Squash Mandarin Oranges p.m. English Muffin Pizzas	a.m. Apple Sauce & Cheese Slices Bean & Cheese Burritos Flour Tortillas Corn & Fresh Tomatoes *Fresh Melon p.m. Fruit Salad & Crackers
20	21	22	23	24
a.m. Whole Grain Waffles & Jam Chicken Tetrizzini Brown Rice Green Beans Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers	a.m. Wheat Cheese Toast Chicken Spaghetti Whole Wheat Bread Chopped Broccoli Peaches p.m. Sun butter & Jam Sandwich Squares	a.m. Fruit and Yogurt Parfait Turkey & Cheese Wraps Flour Tortillas Corn Pears p.m. Cucumbers/ *Carrots & Ranch Dip	a.m. Bananas & Graham Crackers Teriyaki Chicken Brown Rice Snap Peas Banana p.m. Cheese Slices & Whole Wheat Crackers	a.m. Whole Grain Fig Bars Cheese Tortellini w/ Marinara Garlic Bread Mixed Vegetables *Apple Slices p.m. Pretzels & Sun Butter
27	28	29	30	31
a.m. Whole Grain Pancakes & Jam Sweet & Sour Chicken w/ Veggies Brown Rice Green Beans Mandarin Oranges p.m. Rice Cakes & Carrots	a.m. Fruit & Grain Bars Cod Filet Tacos on Corn Tortillas Chopped Broccoli Peaches p.m. Pita Bread & Hummus	a.m. Buttered Cinnamon Toast Beef Lasagna on Flour Tortillas Snap Peas Pears p.m. Crackers, Cheese & Pepperoni Slices	a.m. Yogurt & Berries Texas Ranch Chicken Garlic Bread Corn *Apple Slices p.m. English Muffin Pizzas	a.m. Apples & Sun Butter Vegetable Soup Pita Bread Mixed Vegetables Bananas p.m. Fruit Salad & Crackers



March
2023

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**

