

PREPARED MEALS · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
				1 a.m. Peaches and Cottage Cheese Tomato Soup Grilled Cheese Sandwich Corn & *Fresh Tomatoes Bananas p.m. Fruit & Crackers
				4 
11 a.m. Bagel & Cheese Whole Wheat Fettuccine Alfredo Chicken Garlic Bread Asparagus Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers	12 a.m. Wheat Cheese Toast Beef & Bean Burritos Flour Tortillas Cauliflower Peaches p.m. Sun butter & Jam Sandwich Squares	13 a.m. English Muffins & Bananas Slices Garlic Chicken & Veggie Pasta Whole Wheat Bread Snap Peas Mixed Fruit p.m. Carrots w/ Ranch Dip and Crackers	14 a.m. Yogurt & Granola Grilled Chicken & Cheese Pita Sandwiches Pita Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices p.m. Cheese Slices & Whole Wheat Crackers	15 a.m. Chex Cereal & Fruit Manicotti w/ Marinara Garlic Bread Peas Bananas p.m. Pretzels & Sun Butter
18 a.m. Whole Grain Waffles & Berries Chicken & Cheese Enchiladas Bake Flour Tortillas Green Beans Pineapple p.m. Animal Crackers & Carrots	19 a.m. Peaches and Cottage Cheese Turkey Meatball Bits w/ Marinara Whole Wheat Bread Chopped Broccoli *Apple Sauce p.m. Pita Bread & Hummus	20 a.m. Yogurt & Granola Chicken Veggie Salad Wraps Flour Tortillas Carrots Pears p.m. Crackers, Cheese & Pepperoni Slices	21 a.m. Bananas & Graham Crackers Baked Ziti w/ Meat Sauce Garlic Bread Corn Mandarin Oranges p.m. English Muffin & Sun Butter	22 a.m. Apples & Sun Butter Broccoli Cheese Soup Pita Bread Mixed Vegetables *Fresh Melon p.m. Fruit & Crackers
25 a.m. Bagel & Sun Butter Chicken & Cheese Pasta w/ Veggies Whole Wheat Bread Asparagus Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers	26 a.m. English Muffins & Cheese Cod Fish Filets Whole Wheat Bread Cauliflower Peaches p.m. Sun butter & Jam Sandwich Squares	27 a.m. Cinnamon Toast & Fruit Tortilla Beef Bake Flour Tortillas Snap Peas Mixed Fruit p.m. Carrots w/ Ranch Dip and Crackers	28 a.m. Yogurt & Granola Chicken Fajitas with Cheese Flour Tortillas *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices p.m. Cheese Slices & Whole Wheat Crackers	29 a.m. Peaches and Cottage Cheese Vegetarian Lasagna Bake Whole Wheat Bread Peas Bananas p.m. Pretzels & Sun Butter



September 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!



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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

* Indicates local Farm Fresh Options

