



# PREPARED MEALS · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>a.m. Yogurt &amp; Granola <b>Chicken and Dumplings</b> <b>Garlic Bread</b> *<b>Tomato &amp; Cheese Salad</b> w/ <b>Low Fat Ranch</b> <b>Mixed Fruit</b> p.m. Pita Bread &amp; Hummus</p>	<p>2</p> <p>a.m. Bananas &amp; Graham Crackers <b>Flame Broiled Burgers</b> <b>Yellow Squash</b> <b>*Apple Slices</b> p.m. English Muffin &amp; Sun Butter</p>	<p>3</p> <p>a.m. Peaches and Cottage Cheese <b>Tomato Soup</b> <b>Grilled Cheese Sandwich</b> <b>Corn &amp; *Fresh Tomatoes</b> <b>Bananas</b> p.m. Fruit &amp; Crackers</p>
<p>6</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Cheesy Ranch Chicken</b> <b>Garlic Bread</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Animal Crackers &amp; Carrots</p>	<p>7</p> <p>a.m. English Muffins &amp; Sun Butter <b>Macaroni &amp; Beef</b> w/ <b>Tomatoes</b> <b>Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p>8</p> <p>a.m. Cinnamon Toast &amp; Fruit <b>Chicken &amp; Broccoli Rice</b> <b>Casserole</b> <b>Whole Wheat Bread</b> <b>Carrots</b> <b>Pears</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>	<p>9</p> <p>a.m. Yogurt &amp; Granola <b>Chicken, Spinach &amp; Cheese</b> <b>Enchiladas</b> <b>on Flour Tortillas</b> <b>Corn</b> <b>Mandarin Oranges</b> p.m. English Muffin &amp; Sun Butter</p>	<p>10</p> <p>a.m. Apples &amp; Sun Butter <b>Cheese Ravioli</b> <b>Pita Bread</b> <b>Mixed Vegetables</b> <b>*Fresh Melon</b> p.m. Fruit &amp; Crackers</p>
<p>13</p> <p>a.m. Bagel &amp; Cheese <b>Whole Wheat Fettuccine</b> <b>Alfredo Chicken</b> <b>Garlic Bread</b> <b>Asparagus</b> <b>Mandarin Oranges</b> p.m. Cheese Itz Crackers &amp; Cucumbers</p>	<p>14</p> <p><b>**Family Feast Luncheon**</b> p.m. Wheat Cheese Toast <b>Roasted Turkey</b> <b>Dinner Rolls</b> <b>Mashed Potatoes &amp; Green</b> <b>Beans</b> <b>Peaches</b> p.m. Pumpkin Pie &amp; Fruit</p> 	<p>15</p> <p>a.m. English Muffins &amp; Bananas Slices <b>Garlic Chicken &amp; Veggie</b> <b>Pasta</b> <b>Whole Wheat Bread</b> <b>Snap Peas</b> <b>Mixed Fruit</b> p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>16</p> <p>a.m. Yogurt &amp; Granola <b>Grilled Chicken &amp; Cheese</b> <b>Pita Sandwiches</b> <b>Pita Bread</b> *<b>Tomato &amp; Cheese Salad</b> w/ <b>Low Fat Italian</b> <b>*Apple Slices</b> p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>17</p> <p>a.m. Chex Cereal &amp; Fruit <b>Manicotti w/ Marinara</b> <b>Garlic Bread</b> <b>Peas</b> <b>Bananas</b> p.m. Pretzels &amp; Sun Butter</p>
<p>20</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Chicken &amp; Cheese</b> <b>Enchiladas Bake</b> <b>Flour Tortillas</b> <b>Green Beans</b> <b>Pineapple</b> p.m. Animal Crackers &amp; Carrots</p>	<p>21</p> <p>a.m. Peaches and Cottage Cheese <b>Turkey Meatball Bits</b> w/ <b>Marinara</b> <b>Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>*Apple Sauce</b> p.m. Pita Bread &amp; Hummus</p>	<p>22</p> <p>a.m. Yogurt &amp; Granola <b>Chicken Veggie Salad</b> <b>Wraps</b> <b>Flour Tortillas</b> <b>Carrots</b> <b>Pears</b> p.m. Crackers, Cheese &amp; Pepperoni Slices</p>	 <p>Happy Thanksgiving</p>	
<p>27</p> <p>a.m. Bagel &amp; Sun Butter <b>Chicken &amp; Cheese Pasta</b> w/ <b>Veggies</b> <b>Whole Wheat Bread</b> <b>Asparagus</b> <b>Mandarin Oranges</b> p.m. Cheese Itz Crackers &amp; Cucumbers</p>	<p>28</p> <p>a.m. English Muffins &amp; Cheese <b>Cod Fish Filets</b> <b>Whole Wheat Bread</b> <b>Cauliflower</b> <b>Peaches</b> p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>29</p> <p>a.m. Yogurt &amp; Granola <b>Chicken Fajitas with Cheese</b> <b>Flour Tortillas</b> *<b>Tomato &amp; Cheese Salad</b> w/ <b>Low Fat Italian</b> <b>*Apple Slices</b> Cheese Slices &amp; Whole Wheat Crackers</p>	<p>30</p> <p>a.m. English Muffins &amp; Sun Butter <b>Beef Ravioli</b> <b>Wheat Bread</b> <b>Chopped Broccoli</b> <b>Mixed Fruit</b> p.m. *Apples &amp; Cheese Slices</p>	



November  
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**

