

PREPARED MEALS · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>a.m. Yogurt & Granola Hearty Beef Lasagna on Warm Flour Tortillas Fresh Tomato & Cheese Salad w/ Low Fat Italian Fresh Mandarin Oranges p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>2</p> <p>a.m. Chex Cereal & Fruit Savory Macaroni & Cheese Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Pretzels & Sun Butter</p>
<p>5</p> <p>a.m. Whole Grain Waffles & Berries Zesty Chicken Stir Fry w/ Lo Mein Whole Wheat Bread Roasted Asparagus Fresh Mandarin Oranges p.m. Animal Crackers & Carrots</p>	<p>6</p> <p>a.m. English Muffins & Sun Butter Hearty Beef Ravioli Whole Wheat Bread Roasted Cauliflower Fresh Peaches p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>7</p> <p>a.m. Yogurt & Granola Hearty Chicken and Dumplings Toasted Garlic Bread Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Pita Bread & Hummus</p>	<p>8</p> <p>a.m. Bananas & Graham Crackers Flame Broiled Burgers Fresh Snap Peas Crisp Apple Slices p.m. English Muffin Cheese Pizza</p>	<p>9</p> <p>a.m. Peaches and Cottage Cheese Bean & Cheese Burritos Warm Flour Tortillas Vegetable Medley Bananas p.m. Fresh Fruit & Crackers</p>
<p>12</p> <p>a.m. Whole Grain Waffles & Berries Cheesy Ranch Chicken Toasted Garlic Bread Roasted Zucchini & Squash Fresh Pineapple p.m. Animal Crackers & Carrots</p>	<p>13</p> <p>a.m. English Muffins & Sun Butter Hearty Macaroni & Beef w/ Tomatoes Whole Wheat Bread Cauliflower Apple Sauce p.m. Pita Bread & Hummus</p>	<p>14</p> <p>a.m. Cinnamon Toast & Fruit Savory Chicken & Broccoli Rice Casserole Whole Wheat Bread Roasted Asparagus Fresh Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>15</p> <p>a.m. Yogurt & Granola Chicken, Spinach & Cheese Enchiladas on Warm Flour Tortillas Fresh Tomato & Cheese Salad w/ Low Fat Italian Fresh Mandarin Oranges p.m. English Muffin & Sun</p>	<p>16</p> <p>a.m. Apples & Sun Butter Cheese Ravioli Toasted Pita Bread Vegetable Medley Fresh Melon p.m. Fruit & Crackers</p>
<p>19</p> <p>a.m. Bagel & Cheese Whole Wheat Fettuccine Alfredo Chicken Toasted Garlic Bread Fresh Green Beans Fresh Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers</p>	<p>20</p> <p>a.m. Wheat Cheese Toast Hearty Beef & Bean Burritos Warm Flour Tortillas Fresh Broccoli Fresh Peaches p.m. Sun butter & Jam Sandwich Squares</p>	<p>21</p> <p>a.m. English Muffins & Bananas Slices Garlic Chicken & Veggie Pasta Whole Wheat Bread Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>22</p> <p>a.m. Yogurt & Granola Grilled Chicken & Cheese Pita Sandwiches Toasted Pita Bread Fresh Carrots Crisp Apple Slices p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>23</p> <p>a.m. Chex Cereal & Fruit Savory Manicotti w/ Marinara Toasted Garlic Bread Vegetable Medley Bananas p.m. Pretzels & Sun Butter</p>
<p>26</p> <p>a.m. Whole Grain Waffles & Berries Chicken & Cheese Enchiladas Bake Warm Flour Tortillas Fresh Peas Fresh Pineapple p.m. Animal Crackers & Carrots</p>	<p>27</p> <p>a.m. Peaches and Cottage Cheese Turkey Meatball Bits w/ Marinara Whole Wheat Bread Fresh Carrots Fresh Apple Sauce p.m. Pita Bread & Hummus</p>	<p>28</p> <p>a.m. Yogurt & Granola Crisp Chicken Veggie Salad Wraps Warm Flour Tortillas Fresh Broccoli Fresh Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>29</p> <p>a.m. Bananas & Graham Crackers Baked Ziti w/ Meat Sauce Toasted Garlic Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian Fresh Mandarin Oranges p.m. English Muffin Cheese Pizza</p>	<p>30</p> <p>a.m. Apples & Sun Butter Macaroni & Cheese Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Fruit & Crackers</p>



August
2024

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**

