HPUMC Day School
School Menu September 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	LABOR DAY HOLIDAY	Morning Snack: Pancakes with Strawberries Lunch: Italian Sausage Lasagna Salad Afternoon Snack: Goldfish & Fruit Slices	Morning Snack: Yogurt & Granola Lunch: Chicken & Rice Casserole w/Peas & Carrots Yeast Rolls Afternoon Snack: Pretzels and Cheese Sticks	Morning Snack: Multigrain Bar w/milk Lunch: Cheddar Eggs Biscuits Turkey Sausage Afternoon Snack: Celery, Carrots And Ranch	Morning Snack: Mini Muffins Cubed Cantaloupe Lunch: Mac'n Cheese Brocolli Salad Afternoon Snack: Graham Crackers And milk	
7	8	9	10	11	12	13
	Morning Snack: Cheerios with milk Lunch: Grilled all Beef Hot Dogs Salad Afternoon Snack: Animal Crackers Fruit	Morning Snack: Mini Cinnamon Rolls Lunch: Chicken Strips Tater Tots Peas Afternoon Snack: Oatmeal Cookie	Morning Snack: Sliced Fruit Muffins Lunch: Beef Stew and Corn Bread Muffins Afternoon Snack: Cheese Sticks & Apples	Morning Snack: Egg/Cheese McMuffin Lunch: Beef Tacos Cheese, Lettuce Rice & Beans Afternoon Snack: Goldfish Sliced Fruit	Morning Snack: Yogurt and Fruit Lunch: Cheese Pizza Hamburger Pizza Salad Afternoon Snack: Graham Crackers and Milk	
14	15	16	17	18	19	20
	Morning Snack: Multi Grain Bar Lunch: Mac'n Cheese Green Beans WWheat Garlic Bread Afternoon Snack: Fruit Cup Oatmeal Cookie	Morning Snack: Muffins ¼ Banana Lunch: Tomato Soup Grilled Cheese Sandwiches Afternoon Snack: Graham Crackers & milk	Morning Snack: Wheat Toast w/ sunbutter Carrots & Raisins Lunch: Spaghetti with Meat Sauce Garlic Bread Salad Afternoon Snack: Gold fish & Fruit	Morning Snack: Blueberry Pancakes Lunch: Baked Chicken Rice Peas & Carrots Afternoon Snack: Apple Sauce Animal Crackers	Morning Snack: Mini Bagels w/ Cream Cheese Lunch: Sirloin Burgers Lettuce/Tomatoes Tater Tots Afternoon Snack: Pretzels and Cheese	
21	22	23	24	25	26	27
	Morning Snack: Oatmeal with Honey on side Lunch: Turkey and Cheese Wrap Garden Salad Afternoon Snack: Goldfish Fruit slices	Morning Snack Cheerios w/milk Lunch Chicken Strips Tater Tots Salad Snack ½ Granola Bar Apple sauce	Morning Snack: Egg & Cheese McMuffin Lunch: Baked Mozarella and Beef Zita Caesar Salad Afternoon Snack: Fruit Animal Crackers	Morning Snack: Multigrain Bar w/milk Lunch: Cheddar Eggs Biscuits Turkey Sausage Afternoon Snack: Celery, Carrots And Ranch	Morning Snack: Cinnamon waffles w/ Baked Apples Lunch: Cheese Quesadillas w/Chicken & Rice Soup Afternoon Snack: Sliced Fruit Oatmeal Cookie	
28	29	30				
	Morning Snack: Mini Muffins Cubed Cantaloupe Lunch: Mac'n Cheese Brocolli Salad Afternoon Snack: Graham Crackers And milk	Morning Snack: Yogurt w/Granola Lunch: BBQ Grilled Chicken Strips Baked Beans Green Beans Afternoon Snack: Jelly sandwiches On WWheat				

Lunch provided by: Preston Hollow/ Highland Park Catering
214-739-0350 phcatering.net, catering@phcatering.net