



Child Development Program
at Highland Park United Methodist Church

School Menu October 2014

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			Morning Snack: Cheerios with milk 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: Pancakes with Strawberries Lunch: Italian Sausage Lasagna Salad Afternoon Snack: Goldfish & Fruit Slices	
5	6	7	8	9	10	11
	Morning Snack: Egg/Cheese McMuffin Lunch: Grilled all Beef Hot Dogs Baked beans Salad Afternoon Snack: Animal Crackers Fresh Fruit	Morning Snack: Mini Cinnamon Rolls Lunch: Mac 'n Cheese Green Beans WWheat Garlic Bread Afternoon Snack: Oatmeal Cookie	Morning Snack: Sliced Fruit Muffins Lunch: Beef Stew and Corn Bread Muffins Afternoon Snack: Cheese Sticks Apples	Morning Snack: Wheat Toast w/sunbutter 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	
12	13	14	15	16	17	18
	Morning Snack: Multi Grain Bar Lunch: Seasoned/Grilled Chicken Strips Green Beans Salad Afternoon Snack: Fruit Cup Oatmeal Cookie	Morning Snack: Muffins ½ Banana Lunch: Tomato Soup Grilled Cheese Sandwiches Afternoon Snack: Graham Crackers & Milk	Morning Snack: Rice Krispees with Milk Lunch: Spaghetti with Meat Sauce Garlic Bread Salad Afternoon Snack: Gold fish Fresh fruit	Morning Snack: Blueberry Pancakes Lunch: Baked Chicken Rice Peas & Carrots Afternoon Snack: Applesauce Animal Crackers	Morning Snack: Mini Bagels w/ Cream Cheese Lunch: Sirloin Burgers Lettuce/Tomatoes Tater Tots Afternoon Snack: Pretzels Cheese	
19	20	21	22	23	24	25
	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: Ham Sweet potatoes Salad Afternoon Snack: ½ Granola Bar Apple sauce	Morning Snack: ½ Banana & Mini Rice Cakes Lunch: Baked Mozarella and Beef Ziti Caesar Salad Afternoon Snack: Fresh Fruit Animal Crackers	Morning Snack: Multigrain Bar w/milk Lunch: Chicken Strips Tater Tots Peas 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	
26	27	28	29	30	31	
	Morning Snack: Mini Muffins Cubed Cantaloupe Lunch: Mac' n Cheese Broccoli Salad Afternoon Snack: Graham Crackers and Milk	Morning Snack: Yogurt w/Granola Lunch: Chicken and Rice Casserole w/Peas & Carrots Yeast Rolls Afternoon Snack: Jelly Sandwiches On WWheat	Morning Snack: Egg/Cheese McMuffin Lunch: BBQ Grilled Chicken Strips Corn Green Beans Afternoon Snack: Pretzels Cheese Sticks	Morning Snack: Pancakes with Strawberries Lunch: Italian Sausage Lasagna Salad Afternoon Snack: Goldfish Fresh Fruit Slices	Morning Snack: Multigrain Bar w/Milk Lunch: Meatloaf Mashed Potatoes Glazed Carrots Afternoon Snack: Animal Crackers Fruit Cups	

Lunch provided by: Preston Hollow/ Highland Park Catering
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