



Child Development Program
 at Highland Park United Methodist Church
School Menu January 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
	Morning Snack: Mini Bagels w/ Cream Cheese Lunch: Beef Tacos Cheese, Lettuce Rice & Beans Afternoon Snack: Fresh Fruit Cup Oatmeal Cookie	Morning Snack: Mini Fruit Muffins ½ Banana Lunch: Tomato Soup Grilled Cheese Whole Wheat Sandwiches Afternoon Snack: Graham Crackers & milk	Morning Snack: Egg/Cheese McMuffin 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: Jelly Sandwiches On Whole Wheat	Morning Snack: Healthy Fruit bar Lunch: Sirloin Burgers WWheat Buns Lettuce/Tomatoes Condiments Sweet Potato Fries Afternoon Snack: Orange Slices Animal Crackers	
11	12	13	14	15	16	17
	Morning Snack: Oatmeal with Honey on side Lunch: Turkey and Cheddar Cheese Wheat Crackers Garden Salad Afternoon Snack: Goldfish Fruit slices	Morning Snack Cheerios w/milk Lunch: Baked Mozzarella and Beef Ziti Caesar Salad Afternoon Snack: ½ Granola Grain Bar Homemade Apple sauce	Morning Snack: Egg & Cheese McMuffin Lunch: Chicken Strips Tater Tots Salad Afternoon Snack: Fresh Seasonal Fruit Animal Crackers	Morning Snack: Healthy Berry Bar w/milk Lunch: Ham Sweet potatoes Whole Wheat Roll Afternoon Snack: Celery, Skinny Carrots & Ranch	Morning Snack: Cinnamon waffles w/ Baked Apples Lunch: Cheese Quesadillas w/Chicken & Veggie Rice Soup Afternoon Snack: Sliced Fruit Oatmeal Cookie	
18	19	20	21	22	23	24
	Holiday	Morning Snack: Cheerios with milk Lunch: Grilled All Beef Hot Dogs Garden Salad w/Homemade Ranch Dressing Afternoon Snack: Animal Crackers Orange Slices	Morning Snack: Sliced Fruit Muffins Lunch: Fresh Made Beef Stew w/veggies and Corn Bread Muffins Afternoon Snack: Oatmeal Cookie	Morning Snack: Whole Wheat Toast w/sunbutter Lunch: Mac 'n Cheese Green Beans WWheat Garlic Bread Afternoon Snack: Goldfish Sliced Fresh Fruit	Morning Snack: Yogurt and Fresh Fruit Lunch: Cheese Pizza Hamburger Pizza Caesar Salad Afternoon Snack: Graham Crackers & Milk	
25	26	27	28	29	30	31
	Morning Snack: Mini Cinnamon Rolls Lunch: Sirloin Burgers WWheat Buns Lettuce/Tomatoes Condiments Sweet Potato Fries Afternoon Snack: Fresh Fruit Cup Oatmeal Cookie	Morning Snack: Mini Fruit Muffins ½ Banana Lunch: Meatloaf Mashed Potatoes Broccoli Afternoon Snack: Skinny Carrots & Celery w/ranch	Morning Snack: Egg/Cheese McMuffin 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: Mozzarella Cheese Sticks Crackers	Morning Snack: Healthy fruit bar Lunch: Tomato Soup Grilled Cheese Whole Wheat Sandwiches Afternoon Snack: Orange Slices Animal Crackers	

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