



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

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	Morning Snack: Half a Banana Lunch: Whole Wheat Spaghetti with Traditional Meat Sauce Garden Salad Afternoon Snack: Homemade Oatmeal Cookies Orange Slices	Morning Snack Pancakes w/ Blueberry Compote Lunch: Wild Rice & Chicken Soup Turkey Rollups and Wheat Crackers Afternoon Snack: Cheese Cubes & Pretzel Sticks	Morning Snack: Fresh Fruit & Yogurt Parfait Lunch: Lean Ground Beef Tacos w/ Corn Tortillas, Cheese Lettuce & Salsa Spanish Rice w/ Peas & Carrots Afternoon Snack: Carrot Sticks with Homemade Ranch	Morning Snack: Buttermilk Waffles with Sunbutter & Fresh Strawberries Lunch: Homemade Mac'n Cheese Fresh Broccoli Afternoon Snack: Mandarin Oranges Whole Grain Gold Fish	Morning Snack: Cheerios with Milk Lunch: Baked Chicken Fingers Roasted New Potatoes Garden Salad w/ Homemade Ranch Afternoon Snack: Sliced Grapes Graham Crackers	
8	9	10	11	12	13	14
	Spring Break	-----	-----	-----	-----	
15	16	17	18	19	20	21
	Morning Snack: Homemade Applesauce Muffins Lunch: Grilled Chicken Bowtie Pasta And Peas Afternoon Snack: Cubed Cantaloupe Mini Snickerdoodle Cookies	Morning Snack: Toasted Whole Wheat Bagels with Sunbutter Lunch: Scrambled Cheddar Eggs Turkey Bacon Orange Slices Afternoon Snack: Half a Banana Animal Crackers	Morning Snack: Pancakes with Fresh Strawberries Lunch: Cheese Pizza Served with Sliced Grape Tomatoes and Cucumbers with Balsamic Vinergarette Afternoon Snack: Cheddar Cubes & Sliced Grapes	Morning Snack: Cheerios with Milk Lunch: Grilled Sirloin Burgers Lettuce/ Tomatoes Oven Baked New Potatoes Afternoon Snack: Fruit Yogurt Parfaits	Morning Snack: Blueberry Muffins Lunch: Roasted Chicken Hand snapped Peas and Glazed Carrots Warm Cinnamon Apples Afternoon Snack: Homemade Oatmeal Raisin Cookies	
22	23	24	25	26	27	28
	Morning Snack: Whole Wheat Toast with All Fruit Jelly Lunch: Breaded Chicken Strips with Mashed Potatoes Fresh Green Beans Afternoon Snack: Sliced Oranges Mozzarella Sticks	Morning Snack Buttermilk Waffles with Sliced Bananas Lunch: Homemade Tomato Soup with Cheesy Quesadillas Afternoon Snack: Carrots Celery Sticks Homemade Ranch	Morning Snack: Homemade Cranberry Bread and Milk Lunch: Whole Wheat Penne Pasta Italian Meat Sauce Garden Salad with Homemade Ranch Afternoon Snack: Sliced Apples Cubed Cheese	Morning Snack: Oatmeal with Honey on Side Blueberries Lunch: Turkey/Ham and Cheese Roll Up w/ Homemade Chicken Noodle Soup Afternoon Snack: Watermelon Animal Crackers	Morning Snack: Bagels with Sunbutter & Fresh Strawberries Lunch: Homemade Mac'n Cheese Fresh Steamed Broccoli Afternoon Snack: Mandarin Oranges Whole Grain Goldfish	
29	30	31				
	Morning Snack: Fruit Smoothies Lunch: Whole Wheat Grilled Cheese Sandwiches Fresh Green Beans Fruit Cups Afternoon Snack: Homemade Oatmeal Raisin Cookies	Morning Snack: Cheerios with Milk Lunch: Lean Ground Beef Tacos w/ Corn Tortillas Cheese/Lettuce Salsa Spanish Rice w/ Peas & Carrots Afternoon Snack: Half a Banana Animal Crackers				

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