



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

SUN	MON	TUES	WED	THURS	FRI	SAT
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<b>Morning Snack:</b> Fresh Fruit Yogurt Parfait <b>Lunch:</b> Baked Chicken Fingers Roasted New Potatoes Lima Beans <b>Afternoon Snack:</b> Carrot Sticks Homemade Ranch	<b>Morning Snack:</b> Buttermilk Biscuits with Thinly Sliced Honey ham <b>Lunch:</b> Wild Rice & Chicken Soup Turkey Rollups Wheat Crackers <b>Afternoon Snack:</b> Fruit Smoothies	<b>CDP CLOSED</b>	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>Morning Snack:</b> Mini All Fruit Muffins <b>Lunch:</b> Homemade Mac'n Cheese Fresh Steamed Broccoli <b>Afternoon Snack:</b> Watermelon Oatmeal Raisin Cookies	<b>Morning Snack:</b> Half a Banana Graham Crackers <b>Lunch:</b> Lasagna Wheat roll Garden Salad with Homemade Ranch <b>Afternoon Snack:</b> Whole Wheat Goldfish Orange Slices	<b>Morning Snack:</b> Cheerios with Milk <b>Lunch:</b> Sloppy Joes with Bun Potato Wedges Sliced Pears <b>Afternoon Snack:</b> Cheese Cubes Sliced Grapes	<b>Morning Snack:</b> Oatmeal with Honey on the side Fresh Blueberries <b>Lunch:</b> Whole Wheat Grilled Cheese Sandwiches Fresh Green Beans Fresh Fruit <b>Afternoon Snack:</b> Sliced Oranges And Mozzarella Sticks	<b>Morning Snack:</b> Pancakes with Fresh Strawberries <b>Lunch:</b> Julienne Chicken Quesadillas with Cheese/Lettuce Spanish Rice w/ Peas & Carrots <b>Afternoon Snack:</b> Animal Crackers Cubed Cantaloupe	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	<b>Morning Snack:</b> Homemade Applesauce Muffins <b>Lunch:</b> Grilled Chicken Bowtie Pasta And Italian Green Beans <b>Afternoon Snack:</b> Cubed Cantaloupe Mini Snickerdoodle Cookies	<b>Morning Snack:</b> Toasted Whole Wheat Bagels with Sunbutter <b>Lunch:</b> Homemade Tomato Soup With Turkey/Ham Cheese Roll ups <b>Afternoon Snack:</b> Mandarin Oranges Graham Crackers	<b>Morning Snack:</b> Pancakes with Fresh Strawberries <b>Lunch:</b> Cheese Pizza Sliced Grape Tomatoes and Cucumbers w/ Balsamic Vinaigrette <b>Afternoon Snack:</b> Cheddar Cheese Cubes Sliced Grapes	<b>Morning Snack:</b> Cheerios with Milk <b>Lunch:</b> Grilled Sirloin Sliders Lettuce/ Tomatoes Oven Baked New Potatoes Broccoli <b>Afternoon Snack:</b> Fresh Fruit Yogurt Parfait	<b>Morning Snack:</b> Blueberry Muffins and Half a Banana <b>Lunch:</b> Roasted Chicken Hand Snapped Peas and Glazed Carrots Warm Cinnamon Apples <b>Afternoon Snack:</b> Homemade Oatmeal Raisin Cookies	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>Morning Snack:</b> Whole Wheat Toast with All Fruit Jelly <b>Lunch:</b> Breaded Chicken Strips with Mashed Potatoes Fresh Green Beans <b>Afternoon Snack:</b> Sliced Oranges and Mozzarella Sticks	<b>Morning Snack</b> Buttermilk Waffles with Sunbutter and Baked Cinnamon <b>Lunch:</b> Apples Hot Dogs Baked Beans Broccoli <b>Afternoon Snack:</b> Carrots, Celery Sticks Homemade Ranch	<b>Morning Snack:</b> Homemade Cranberry Bread and Milk <b>Lunch:</b> Whole Wheat Penne Pasta Italian Meat Sauce Caesar Salad With Caesar Dressing <b>Afternoon Snack:</b> Sliced Apples Cheddar Cheese Cubes	<b>Morning Snack:</b> Oatmeal with Honey on the Side Fresh Blueberries <b>Lunch:</b> Julienne Chicken Quesadillas with Cheese/Lettuce Spanish Rice Peas and Carrots <b>Afternoon Snack:</b> Watermelon Animal Crackers	<b>Morning Snack:</b> Buttermilk Biscuits with Thinly Sliced Honey ham <b>Lunch:</b> Homemade Mac'n Cheese with Fresh Steamed Broccoli <b>Afternoon Snack:</b> Fruit Smoothies	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	<b>Morning Snack:</b> Homemade Applesauce muffins <b>Lunch:</b> Fish Sticks Ketchup Rice Pilaf Glazed Carrots <b>Afternoon Snack:</b> Fruit Smoothies	<b>Morning Snack:</b> Cheerios with Milk <b>Lunch:</b> Lean Ground Beef Tacos w/ Corn Tortillas Cheese/Lettuce Salsa Spanish Rice w/ Peas & Carrots <b>Afternoon Snack:</b> Half a banana Animal Crackers	<b>Morning Snack</b> Pancakes with Blueberry Compote <b>Lunch:</b> Chicken and Veggie Soup Turkey Rollups and Wheat Crackers <b>Afternoon Snack:</b> Cheddar Cheese Cubes & Pretzel Sticks	<b>Morning Snack:</b> Half a Banana <b>Lunch:</b> Whole Wheat Spaghetti with Traditional Meat Sauce Garden Salad <b>Afternoon Snack:</b> Homemade Oatmeal Cookies Orange Slices	<b>Morning Snack:</b> Fresh Fruit Yogurt Parfait <b>Lunch:</b> Baked Chicken Fingers Roasted New Potatoes Garden Salad w/ Homemade Ranch <b>Afternoon Snack:</b> Carrot Sticks with Homemade Ranch	

Lunch provided by: Preston Hollow/ Highland Park Catering  
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