



HPUMC DAY SCHOOL

Menu - September 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		Morning Snack: Cheerios with Milk Lunch: Grilled Sirloin Sliders Lettuce/Tomatoes Oven Baked New Potatoes Broccoli Afternoon Snack: Strawberries Animal Crackers	Morning Snack: Oatmeal with Honey on the side Fresh Blueberries Lunch: Cheese Pizza Sliced Grape Tomatoes and Cucumbers with Balsamic Vinaigrette Afternoon Snack: Sliced Cantaloupe	Morning Snack: Cinnamon Toast Apple Sauce Lunch: Homemade Mac'n Cheese Fresh Steamed Green Beans Afternoon Snack: Carrot Sticks Homemade Ranch	Morning Snack: Homemade Pumpkin Muffins Lunch: Orange Chicken Strips Basmati Rice Lima Beans Afternoon Snack: Watermelon Slices Snickerdoodles	
6	7	8	9	10	11	12
	HOLIDAY	Morning Snack: Buttermilk Waffles with Syrup Lunch: Sloppy Joes with Bun Potato Wedges Broccoli Afternoon Snack: Cheese Cubes Sliced Grapes	Morning Snack: Cheerios with Milk Lunch: Chicken Quesadillas with Cheese/Lettuce Spanish Rice w/ Peas & Carrots Afternoon Snack: Whole Wheat Crackers & Mozzarella Sticks	Morning Snack: Yogurt with Granola Fresh Strawberries Lunch: Whole Wheat Grilled Cheese Sandwiches Vegetable Soup Afternoon Snack: Animal Crackers Cubed Cantaloupe	Morning Snack: Blueberry Mini Muffins Lunch: Chicken Pot Pie Stew Over Biscuits And Italian Green Beans Afternoon Snack: Apple Slices Mini Snickerdoodle Cookies	
13	14	15	16	17	18	19
	Morning Snack: Whole Wheat Bagels with Cream Cheese Lunch: Homemade Tomato Soup Turkey/Ham/Cheese Roll ups Afternoon Snack: Mandarin Oranges Graham Crackers	Morning Snack: Cinnamon Toast Apple Sauce Lunch: Whole Wheat Spaghetti with meat sauce Garlic Bread Tossed Salad Afternoon Snack: Cheese Cubes Sliced Grapes	Morning Snack: Buttermilk Waffles with Sunbutter and Strawberries Lunch: Grilled Sirloin Sliders Lettuce/ Tomatoes Baked Sweet Potato Fries Broccoli Afternoon Snack: Fruit Smoothies	Morning Snack: Blueberry Muffins Half a Banana Lunch: Breaded Chicken Strips Mashed Potatoes and Carrots Afternoon Snack: Homemade Oatmeal Raisin Cookies	Morning Snack: Fruit Yogurt Parfait Lunch: Lean Ground Beef Tacos w/ Corn Tortillas Cheese/Lettuce Salsa Ranch Style Beans Afternoon Snack: Whole Wheat Crackers Mozzarella Sticks	
20	21	22	23	24	25	26
	Morning Snack: Buttermilk Waffles with Sunbutter and Strawberries Lunch: Homemade Mac'n Cheese with Green Beans Afternoon Snack: Graham Crackers Sliced Grapes	Morning Snack: Homemade Cranberry Bread and Milk Lunch: All Beef Hot Dogs With whole wheat buns Sweet Potato Fries Lima Beans Afternoon Snack: Sliced Apples Cheddar Cheese Cubes	Morning Snack: Cheerios with Milk Lunch: Julienne Chicken Quesadillas with Cheese/Lettuce Spanish Rice Peas and Carrots Afternoon Snack: Strawberries Animal Crackers	Morning Snack: Buttermilk Biscuits w/ Thinly Sliced Honey ham Lunch: Whole Wheat Penne Pasta Italian Meat Sauce Tossed Salad with homemade Ranch Dressing Afternoon Snack: Fruit Smoothies	Morning Snack: Homemade Pumpkin muffins Lunch: Roasted Chicken Hand Snapped Peas Glazed Carrots Warm Cinnamon Apples Afternoon Snack: Oatmeal Raisin Cookies	
27	28	29	30			
	Morning Snack: Oatmeal with Honey on the Side Fresh Blueberries Lunch: Fish Sticks Ketchup Tater Tots Glazed Carrots Afternoon Snack: Half a Banana Graham Crackers	Morning Snack: Pancakes with Blueberry Compote Lunch: Teriyaki Chicken Broccoli Rice Bowl Sliced Grapes Afternoon Snack: Cheddar Cheese Cubes Pretzel Sticks	Morning Snack: Orange Slices Graham Crackers Lunch: Honey Ham and Mozzarella Melts Corn Afternoon Snack: Fresh Fruit Yogurt Parfait			

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