



HPUMC DAY SCHOOL

School Menu April 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
	*no Sunbutter for Room 146 Send Jelly or Cream cheese in its place				Morning Snack: Cinnamon Toast Apple Sauce Lunch: Lemon Grilled Chicken Strips Basmati Rice Green Peas Afternoon Snack: Crackers Mozzarella Sticks	
3	4	5	6	7	8	9
	Morning Snack: Cheerios with Milk Lunch: Chicken Fajitas Lettuce/Cheese/Salsa Flour Tortillas Rice Afternoon Snack: Wheat Crackers with Sunbutter	Morning Snack: Seasonal Fresh Fruit Mini Muffins Lunch: Whole Wheat Penne Pasta Italian Meat sauce on the side Italian Green Beans Afternoon Snack: Homemade Oatmeal Raisin Cookies	Morning Snack: Mini Bagels sliced with Cream Cheese Lunch: Grilled Chicken Black Beans Rice Broccoli Afternoon Snack: Homemade Banana Bread	Morning Snack: Mozzarella Sticks Seasonal Fresh Fruit Lunch: All Beef Hot Dogs Whole Wheat Bun Ketchup Tater Tots Glazed Carrots Afternoon Snack: Hummus Pita Chips	Morning Snack: Yogurt with Granola Seasonal Fresh Fruit Lunch: Steak Fingers Mashed Potatoes Cauliflower Afternoon Snack: Graham Crackers Sunbutter	
10	11	12	13	14	15	16
	Morning Snack: Oatmeal with Honey on the side Lunch: Ham/Cheese/Tortilla Wrap Quinoa Fruit Afternoon Snack: Pears Animal Crackers	M Morning Snack: Mini Pumpkin Muffins Lunch: Lean Ground Beef Tacos w/ Flour Tortillas Cheese/Lettuce Salsa Rice Grapes Afternoon Snack: Whole Wheat Crackers with Sunbutter	Morning Snack: Fresh Fruit Smoothies Lunch: Cheese Pizza Garden Salad with Ranch Half a Banana Afternoon Snack: Seasonal Fresh Fruit Homemade Snickerdoodles	Morning Snack: Buttermilk Pancakes with Blueberry Compote Lunch: Chicken Penne Pasta with Alfredo Sauce Green Peas Garlic Sticks Afternoon Snack: Seasonal Fresh Fruit Mozzarella Sticks	Morning Snack: Animal Crackers Seasonal Fresh Fruit Lunch: Sloppy Joes with Whole Wheat Bun Sweet Potato wedges Broccoli Afternoon Snack: Cucumber Slices and Celery with Ranch	
17	18	19	20	21	22	23
	Morning Snack: Graham Crackers Sunbutter Lunch: Grilled Sirloin Sliders Lettuce/ Tomatoes Oven Baked New Potatoes Cheesy Broccoli Afternoon Snack: Fruit Smoothies	Morning Snack Buttermilk Waffles with Sunbutter and Light Syrup Lunch: Teriyaki Chicken Broccoli Rice Pineapple slices Afternoon Snack: Cheddar Cheese Cubes Pretzel Sticks	Morning Snack Pigs in a Blanket Lunch: Meatball Stroganoff Mixed Steamed Vegetables Afternoon Snack: Seasonal Fresh Fruit Cheddar Cheese Cubes	Morning Snack: Buttermilk Biscuits w/ Thinly Sliced Honey ham Lunch: Mac 'n Cheese Fresh Steamed Green Beans Afternoon Snack: Mandarin Oranges Graham Crackers	Morning Snack: Oatmeal with Honey on the side Lunch: Whole Wheat Grilled Cheese Sandwiches Seasonal Fresh Fruit Garden Salad with Ranch Afternoon Snack: Hummus Pretzel Sticks	
24	25	26	27	28	29	30
	Morning Snack: Applesauce Muffins Lunch: Breaded Chicken Strips Mashed Potatoes Steamed Broccoli Homemade Yeast Rolls Afternoon Snack: Seasonal Fresh Fruit Homemade Snickerdoodles	Morning Snack: Yogurt with Granola Seasonal Fresh Fruit Lunch: All Beef Hot Dogs Whole Wheat Bun Ketchup Tater Tots Glazed Carrots Afternoon Snack: Graham Crackers Sunbutter	Morning Snack: Blueberry Mini Muffins Lunch: Julienne Chicken Quesadillas with Cheese/Lettuce Spanish Rice Peas and Carrots Afternoon Snack: Fresh Fruit Smoothies	Morning Snack: Cinnamon Toast Applesauce Lunch: Italian Lasagna Steamed Broccoli Sliced Grapes Afternoon Snack: Homemade Strawberry Bread	Morning Snack: Mini Bagels sliced With Cream Cheese Lunch: Cheese Pizza Garden Salad with Ranch Half a Banana Afternoon Snack: Crackers Mozzarella Sticks	

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