

JANUARY 2019

Preston Hollow UMC Child Development Center

2019

Monday

Tuesday

Wednesday

Thursday

Friday

School Closed

Breakfast: Banana muffins **7**
Lunch: Grilled chickpea burgers w/cheese, lettuce & tomato, tater tots, applesauce
Snack: Organic My Super Cookies in Blueberry Vanilla

Breakfast: Hard-boiled eggs **8**
Lunch: Turkey meatballs in brown gravy w/brown rice, peas, pineapple
Snack: Fruit parfaits

Breakfast: Oatmeal w/honey **9**
Lunch: Cheese & broccoli quiche, wheat roll, bananas
Snack: Carrot sticks w/ranch dressing

Breakfast: Scrambled cheesy eggs **10**
Lunch: Turkey veggie chili, cornbread, fruit cocktail
Snack: No nut butter w/celery sticks

Breakfast: Zucchini apple muffins **11**
Lunch: Fish tacos w/shredded cabbage, cheese, tomatoes, apple slices
Snack: Baked tortilla chips w/mild salsa

Breakfast: Cascadian Farm Organic Fruitful O's **14**
Lunch: 3 Cheese veggie lasagna w/spinach salad, peaches
Snack: Vanilla orange chia smoothie

Breakfast: Turkey sausage & egg flatbread sandwich **15**
Lunch: Chicken & dumplings, French green beans, cinnamon applesauce
Snack: Apple spiced muffins

Breakfast: Greek style yogurt w/honey **16**
Lunch: Tomato soup w/no nut butter sandwich on wheat bread
Snack: String cheese & triscuits

Breakfast: Oatmeal w/maple syrup **17**
Lunch: Turkey gyro pita pocket w/Tzatziki sauce, tomato & cucumber salad, cubed pineapple
Snack: Bananas pudding

Breakfast: Hard-boiled eggs **18**
Lunch: Tuna cheese casserole, sautéed squash, apricots
Snack: Greek style yogurt w/blueberries

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Breakfast: Hardboiled eggs **22**
Lunch: Butternut squash pureed macaroni & cheese, garden salad, apple slices
Snack: Pretzels & hummus

Breakfast: Nature's Path Organic Mesa Sunrise cereal **23**
Lunch: Turkey bacon, lettuce & tomato tortilla roll ups, baked sweet potato chips, bananas
Snack: Carrot sticks w/ranch dip

Breakfast: Bran muffins **24**
Lunch: Cheese tamales, black beans, mild salsa, peaches
Snack: Guacamole & baked tortilla chips

Breakfast: Fig Newton bars **25**
Lunch: Fish nuggets, sweet potato tater tots, tartar sauce, pears
Snack: Organic My Super Cookies in Honey

Breakfast: Nature's Path Organic Granola Pumpkin & Flax cereal **28**
Lunch: Asian veggie "fried" rice, peaches
Snack: String cheese & pretzels

Breakfast: Flax seed pancakes w/maple syrup **29**
Lunch: Baked barbeque chicken, okra, wheat roll, applesauce
Snack: Fruit smoothie

Breakfast: Raisin toast **30**
Lunch: Spaghetti w/Bolognese sauce, Spinach salad, strawberries
Snack: grated carrots, raisin & pineapple salad

Breakfast: Greek style yogurt w/honey **31**
Lunch: Chicken noodle soup w/grilled cheese sandwiches, apples
Snack: Nutri Grain blueberry bars

