

Chara's Child Meal Prep

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## Prices (Regular Diet)

🌱7 meals per child

🌱3 or 4 choices per household

* $50 1st Child
* $35 2nd Child
* $20 3rd Child

\*Special Diets, please inquire about rates.\*



# Pick Up Every Thursday

## Selections

Creamy Mac, Pita Pizza, Hand Cut Chicken Tenders, Hand Cut Chicken Nuggets, Fresh Fish Sticks, Spaghetti w Meatballs, Fried Rice, Quesadillas (Cheese or Chicken), BBQ Chicken

All include veggies either on the side or hidden within. (Shh) Fruit and a Snack.

❤ Rest assured your child's nutrition is in great hands. As a very health conscious Mother, I will make sure your babies eat as well as mine. ❤

All diets are welcome. No child left behind.