

HEALTHY NUTRITION · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <p>a.m. Chex Cereal & Fresh Fruit Comforting Macaroni & Cheeses Whole Grain Bread Fresh Peas Fresh Melon p.m. Pretzels & Sun Butter</p>
<div>4</div> <p>a.m. Warm Whole Grain Waffles & Berries Sizzling Chicken Stir Fry w/ Lo Mein Whole Grain Bread Roasted Zucchini & Squash Juicy Mandarin Oranges p.m. Animal Crackers & Carrots</p>	<div>5</div> <p>a.m. English Muffins & Sun Butter Hearty Beef Ravioli Whole grain Bread Fresh Peas & Carrots Chilled Peaches p.m. Crackers, Cheese & Pepperoni Slices</p>	<div>6</div> <p>a.m. Creamy Yogurt & Granola Comforting Chicken and Dumplings Toasted Garlic Bread Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Pita Bread & Hummus</p>	<div>7</div> <p>a.m. Bananas & Graham Crackers Flame Broiled Burgers Diced Carrots Crisp Apple Slices p.m. English Muffin & Sun Butter</p>	<div>8</div> <p>a.m. Fresh Peaches and Cottage Cheese Warm Tomato Soup Melty Grilled Cheese Sandwich Corn & Fresh Tomatoes Banana Slices p.m. Fresh Fruit & Crackers</p>
<div>11</div> <p>a.m. Warm Whole Grain Waffles & Berries Cheesy Ranch Chicken Toasted Garlic Bread Fresh Green Beans Chilled Pineapple p.m. Animal Crackers & Carrots</p>	<div>12</div> <p>a.m. English Muffins & Sun Butter Savory Macaroni & Beef w/ Tomatoes Whole Grain Bread Steamed Broccoli Chilled Apple Sauce p.m. Pita Bread & Hummus</p>	<div>13</div> <p>a.m. Cinnamon Toast & Fruit Comforting Chicken & Broccoli Rice Casserole Whole Grain Bread Diced Carrots Sweet Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<div>14</div> <p>a.m. Creamy Yogurt & Granola Savory Chicken, Spinach & Cheese Enchiladas on Flour Tortillas Corn off the Cob Juicy Mandarin Oranges p.m. English Muffin & Sun Butter</p>	<div>15</div> <p>a.m. Crisp Apples & Sun Butter Hearty Cheese Ravioli Pita Bread Vegetable Medley Fresh Melon p.m. Fresh Fruit & Crackers</p>
<div>18</div> <p>a.m. Bagel & Cheese Whole Wheat Fettuccine Alfredo Chicken Toasted Garlic Bread Roasted Asparagus Juicy Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers</p>	<div>19</div> <p>a.m. Wheat Cheese Toast Hearty Beef & Bean Burritos Flour Tortillas Roasted Cauliflower Chilled Peaches p.m. Sun butter & Jam Sandwich Squares</p>	<div>20</div> <p>a.m. English Muffins & Bananas Slices Creamy Garlic Chicken & Veggie Pasta Whole Grain Bread Fresh Snap Peas Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers</p>	<div>21</div> <p>a.m. Creamy Yogurt & Granola Grilled Chicken & Cheese Pita Sandwiches Pita Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices Cheese Slices & Whole Wheat Crackers</p>	<div>22</div> <p>a.m. Chex Cereal & Fruit Savory Manicotti w/ Marinara Toasted Garlic Bread Fresh Peas Bananas p.m. Pretzels & Sun Butter</p>
<div>25</div> <p>a.m. Warm Whole Grain Waffles & Berries Savory Chicken & Cheese Enchiladas Bake Warm Flour Tortillas Fresh Green Beans Chilled Pineapple p.m. Animal Crackers & Carrots</p>	<div>26</div> <p>a.m. Peaches and Cottage Cheese Turkey Meatball Bits w/ Marinara Whole Grain Bread Steamed Broccoli Chilled Apple Sauce p.m. Pita Bread & Hummus</p>	<div>27</div> <p>a.m. Creamy Yogurt & Granola Chicken Veggie Salad Wraps Warm Flour Tortillas Diced Carrots Fresh Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<div>28</div> <p>a.m. Bananas & Graham Crackers Hearty Baked Ziti w/ Meat Sauce Toasted Garlic Bread Corn off the Cob Juicy Mandarin Oranges p.m. English Muffin & Sun Butter</p>	<div>29</div> <p>a.m. Crisp Apples & Sun Butter Warm Broccoli Cheese Soup Pita Bread Vegetable Medley Fresh Melon p.m. Fresh Fruit & Crackers</p>

March
2024



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- All varieties of dairy are made from whole milk.
- Our nutrition plan exclusively serves whole grain pasta, rice & bread items.
- All servings of vegetables are served fresh daily.
- Vegetarian Alternative Offered

All Healthy Menu items are Locally Sourced!

Ask your principal about vegetarian & vegan dietary needs!