

HEALTHY NUTRITION · MUELLER | HYDE PARK

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Toasted Bagel & Sun Butter</p> <p>Savory Chicken & Cheese Pasta w/ Fresh Veggies</p> <p>Whole Grain Bread</p> <p>Roasted Asparagus</p> <p>Fresh Mandarin Oranges</p> <p>p.m. Cheese Itz Crackers & Cucumbers</p>	<p>2</p> <p>a.m. Warm English Muffins & Cheese</p> <p>Baked Cod Fish Filets</p> <p>Whole Grain Bread</p> <p>Roasted Cauliflower</p> <p>Fresh Peaches</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>	<p>3</p> <p>a.m. Warm Cinnamon Toast & Fruit</p> <p>Hearty Tortilla Beef Bake</p> <p>Warm Flour Tortillas</p> <p>Fresh Snap Peas</p> <p>Fruit Medley</p> <p>p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>4</p> <p>a.m. Yogurt & Granola</p> <p>Sizzling Chicken Fajitas with Cheese</p> <p>Warm Flour Tortillas</p> <p>Fresh Tomato & Cheese Salad</p> <p>w/ Low Fat Italian Crisp Apple Slices</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>5</p> <p>a.m. Fresh Peaches and Cottage Cheese</p> <p>Vegetarian Lasagna Bake</p> <p>Whole Grain Bread</p> <p>Vegetable Medley</p> <p>Fresh Bananas</p> <p>p.m. Pretzels & Sun Butter</p>
<p>8</p> <p>a.m. Warm Whole Grain Pancakes & Banana Slices</p> <p>Hearty Chicken Pot Pie</p> <p>Whole Grain Bread</p> <p>Roasted Zucchini & Squash</p> <p>Fresh Pineapple</p> <p>p.m. Animal Crackers & Carrots</p>	<p>9</p> <p>a.m. Warm Sausage Biscuit</p> <p>Flavorful Beef Lo Mein and Veggies</p> <p>Whole Grain Bread</p> <p>Roasted Cauliflower</p> <p>Fresh Apple Sauce</p> <p>p.m. Warm Pita Bread & Hummus</p>	<p>10</p> <p>a.m. Warm English Muffins & Bananas Slices</p> <p>Cod Filet Tacos on Warm Corn Tortillas</p> <p>Fresh Tomato & Cheese Salad</p> <p>w/ Low Fat Ranch Fresh Peas</p> <p>p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>11</p> <p>a.m. Yogurt & Granola</p> <p>Crisp Sesame Chicken Slaw Wraps</p> <p>Warm Flour Tortillas</p> <p>Roasted Asparagus</p> <p>Fresh Mandarin Oranges</p> <p>p.m. Warm English Muffin & Sun Butter</p>	<p>12</p> <p>a.m. Chex Cereal & Fruit</p> <p>Savory Cheese Tortellini w/ Marinara</p> <p>Toasted Garlic Bread</p> <p>Vegetable Medley</p> <p>Fresh Melon</p> <p>p.m. Fruit & Crackers</p>
<p>15</p> <p>a.m. Warm Whole Grain Waffles & Berries</p> <p>Flavorful Chicken Tetrazzini</p> <p>Brown Rice</p> <p>Fresh Green Beans</p> <p>Fresh Mandarin Oranges</p> <p>p.m. Cheese Itz Crackers & Cucumbers</p>	<p>16</p> <p>a.m. Wheat Cheese Toast</p> <p>Hearty Chicken Spaghetti</p> <p>Whole Grain Bread</p> <p>Fresh Broccoli</p> <p>Fresh Peaches</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>	<p>17</p> <p>a.m. Yogurt & Granola</p> <p>Crisp Turkey & Cheese Wraps</p> <p>Flour Tortillas</p> <p>Corn off the Cob</p> <p>Fresh Peas</p> <p>p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>18</p> <p>a.m. Bananas & Graham Crackers</p> <p>Appertizing Teriyaki Chicken</p> <p>Brown Rice</p> <p>Fresh Tomato & Cheese Salad</p> <p>w/ Low Fat Italian Fresh Banana Slices</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>19</p> <p>a.m. Peaches and Cottage Cheese</p> <p>Hearty Bean & Cheese Burritos</p> <p>Warm Flour Tortillas</p> <p>Vegetable Medley</p> <p>Crisp Apple Slices</p> <p>p.m. Pretzels & Sun Butter</p>
<p>22</p> <p>a.m. Warm Whole Grain Pancakes & Banana Slices</p> <p>Sweet & Sour Chicken w/ Veggies</p> <p>Fluffy Brown Rice</p> <p>Fresh Peas</p> <p>Fresh Mandarin Oranges</p> <p>p.m. Animal Crackers & Carrots</p>	<p>23</p> <p>a.m. Peaches and Cottage Cheese</p> <p>Turkey & Cheese Sandwiches on Whole Grain Bread</p> <p>Crisp Carrots</p> <p>Fresh Peaches</p> <p>p.m. Warm Pita Bread & Hummus</p>	<p>24</p> <p>a.m. Warm Cinnamon Toast & Fruit</p> <p>Hearty Beef Lasagna</p> <p>Toasted Garlic Bread</p> <p>Tomato & Cheese Salad w/ Low Fat Ranch</p> <p>Fresh Peas</p> <p>p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>25</p> <p>a.m. Yogurt & Granola</p> <p>Savory Texas Ranch Chicken</p> <p>Whole Grain Bread</p> <p>Fresh Corn off the Cob</p> <p>Crisp Apple Slices</p> <p>p.m. Warm English Muffin & Sun Butter</p>	<p>26</p> <p>a.m. Apples & Sun Butter</p> <p>Warm Vegetable Soup</p> <p>Toasted Pita Bread & Cheese Slices</p> <p>Vegetable Medley</p> <p>Fresh Bananas</p> <p>p.m. Fresh Fruit & Crackers</p>
<p>29</p> <p>a.m. Warm Bagel & Sun Butter</p> <p>Baked Chicken Breast Strips</p> <p>Whole Grain Bread</p> <p>Roasted Asparagus</p> <p>Fresh Pineapple</p> <p>p.m. Cheese Itz Crackers & Cucumbers</p>	<p>30</p> <p>a.m. Warm Sausage Biscuit</p> <p>Savory Beef Tacos on Warm Corn Tortillas</p> <p>Roasted Cauliflower</p> <p>Fresh Apple Sauce</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>			



DOWNLOAD MENU
TO YOUR PHONE

- 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!