



HEALTHY NUTRITION · MUELLER | HYDE PARK

May
2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 a.m. English Muffins & Bananas Slices Grilled Chicken & Veggie Pasta Toasted Garlic Bread Fresh Snap Peas Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers	2 a.m. Yogurt & Granola Hearty Meatloaf Whole Wheat Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. Cheese Slices & Whole Wheat Crackers	3 a.m. Chex Cereal & Fruit Savory Macaroni & Cheese Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Pretzels & Sun Butter
6 a.m. Whole Grain Waffles & Berries Zesty Chicken Stir Fry w/ Lo Mein Whole Wheat Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Animal Crackers & Carrots	7 a.m. English Muffins & Sun Butter Hearty Beef Ravioli Whole Wheat Bread Roasted Cauliflower Fresh Peaches p.m. Crackers, Cheese & Pepperoni Slices	8 a.m. Yogurt & Granola Comforting Chicken and Dumplings Toasted Garlic Bread Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Pita Bread & Hummus	9 a.m. Bananas & Graham Crackers Flame Broiled Burgers Roasted Asparagus Fresh Apple Slices p.m. English Muffin & Sun Butter	10 a.m. Peaches and Cottage Cheese Warm Tomato Soup Grilled Cheese Sandwich Vegetable Medley Bananas p.m. Fruit & Crackers
13 a.m. Whole Grain Waffles & Berries Cheesy Ranch Chicken Toasted Garlic Bread Fresh Green Beans Sweet Pineapple p.m. Animal Crackers & Carrots	14 a.m. English Muffins & Sun Butter Macaroni & Beef w/ Tomatoes Whole Wheat Bread Fresh Broccoli Apple Sauce p.m. Pita Bread & Hummus	15 a.m. Cinnamon Toast & Fruit Hearty Chicken & Broccoli Rice Casserole Whole Wheat Bread Corn off the Cob Sweet Pears p.m. Crackers, Cheese & Pepperoni Slices	16 a.m. Yogurt & Granola Chicken, Spinach & Cheese Enchiladas on Warm Flour Tortillas Fresh Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. English Muffin & Sun Butter	17 a.m. Crisp Apples & Sun Butter Hearty Cheese Ravioli Pita Bread Vegetable Medley Fresh Melon p.m. Fruit & Crackers
20 a.m. Bagel & Cheese Whole Wheat Fettuccine Creamy Alfredo Chicken Toasted Garlic Bread Peas Fresh Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers	21 a.m. Wheat Cheese Toast Savory Beef & Bean Burritos Warm Flour Tortillas Fresh Carrots Peaches p.m. Sun butter & Jam Sandwich Squares	22 a.m. English Muffin & Bananas Slices Garlic Chicken & Veggie Pasta Whole Wheat Bread Fresh Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers	23 a.m. Yogurt & Granola Grilled Chicken & Cheese Pita Sandwiches Pita Bread Corn off the Cob Crisp Apple Slices p.m. Cheese Slices & Whole Wheat Crackers	24 a.m. Chex Cereal & Fruit Manicotti w/ Marinara Garlic Bread Vegetable Medley Bananas p.m. Pretzels & Sun Butter
	28 a.m. Peaches and Cottage Cheese Turkey Meatball Bits w/ Marinara Whole Wheat Bread Fresh Broccoli Fresh Apple Sauce p.m. Pita Bread & Hummus	29 a.m. Yogurt & Granola Chicken Veggie Salad Wraps Warm Flour Tortillas Corn off the Cob Sweet Pears p.m. Crackers, Cheese & Pepperoni Slices	30 a.m. Bananas & Graham Crackers Baked Ziti W/ Meat Sauce Garlic Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. English Muffin & Sun Butter	31 a.m. Apples & Sun Butter Warm Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fresh Melon p.m. Fruit & Crackers



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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!