

# HEALTHY NUTRITION · MUELLER | HYDE PARK

April  
2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>a.m. Wheat Cheese Toast <b>Beef Lasagna</b> (VA: Vegetarian Lasagna) <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Fresh Apple Slices</b></p> <p>p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>2</p> <p>a.m. Apple &amp; Yogurt <b>Turkey &amp; Cheese Sandwiches</b> (VA: Cheese) <b>on Whole Wheat Bread</b> <b>Italian Salad w/Tomato &amp; Cucumber</b> <b>Fresh Mandarin Oranges</b></p> <p>p.m. Pita Bread &amp; Hummus</p>	<p>3</p> <p>a.m. Bagel &amp; Sun Butter <b>Texas Ranch Chicken</b> (VA: Cheese Quesadilla) <b>Warm Wheat Tortillas</b> <b>Roasted Asparagus</b> <b>Bananas</b></p> <p>Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>4</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Macaroni &amp; Cheese</b> <b>Buttered Whole Wheat Bread</b> <b>Roasted Broccoli &amp; Cauliflower</b> <b>Apple Sauce</b></p> <p>p.m. English Muffin w/ Sunbutter &amp; Bananas Slices</p>
<p>7</p> <p>a.m. Biscuits &amp; Fruit <b>Chicken Fajitas w/ Cheese</b> (VA:Southwest Rice &amp; Black Beans) <b>Warm Wheat Tortillas</b> <b>Fresh Green Beans</b> <b>Pineapple</b></p> <p>p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>8</p> <p>a.m. Blueberry Muffins <b>Turkey &amp; Cheese Wraps</b> (VA: Cheese) <b>Warm Wheat Tortillas</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Fresh Orange Slices</b></p> <p>p.m. English Muffin Pizzas</p>	<p>9</p> <p>a.m. Fruit and Yogurt Parfait <b>Chicken Tetrazzini</b> (VA:Mediterranean Couscous) <b>Buttered Whole Wheat Bread</b> <b>Fresh Snap Peas</b> <b>Peaches</b></p> <p>p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>10</p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Chicken Stir Fry w/ Lo Mein</b> (VA:Asian Vegetable &amp; Edamame Medley ) <b>Brown Rice</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b></p> <p>p.m. Apples &amp; Sun Butter</p>	<p>11</p> <p>a.m. Bagel w/ Melted Cheese <b>Cheese Ravioli</b> <b>Whole Wheat Garlic Bread</b> <b>Vegetable Medley</b> <b>Fruit Medley</b></p> <p>p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p>14</p> <p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Sesame Chicken Slaw Wraps</b> (VA: Edamame) <b>Wheat Tortillas</b> <b>Diced Carrots</b> <b>Fresh Apple Sauce</b></p> <p>p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>15</p> <p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Savory Beef Tacos</b> (VA: Refried Bean) <b>Warm Wheat Tortillas</b> <b>Sweet Peas</b> <b>Fresh Pears</b></p> <p>p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ ranch dip</p>	<p>16</p> <p>a.m. Yogurt w/ Fresh Berries <b>Flame Broiled Burgers w/ Cheese</b> (Beyond Beef) <b>on Whole Wheat Bread</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Apple Slices</b></p> <p>p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>17</p> <p>a.m. Banana Muffins <b>Cheesy Ranch Chicken</b> (VA: Creamy Risotto) <b>Spanish Rice</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Mandarin Oranges</b></p> <p>p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>18</p> <p>a.m. English Muffins &amp; Sun Butter <b>Manicotti w/ Marinara</b> <b>Buttered Whole Wheat Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Bananas</b></p> <p>p.m. Apples &amp; Cheese Slices</p>
<p>21</p> <p>a.m. Sausage Biscuit <b>Chicken Veggie Salad Wraps</b> (VA: Hummus) <b>Warm Wheat Tortillas</b> <b>Corn Kernels</b> <b>Peaches</b></p> <p>p.m. Sunbutter Sandwiches</p>	<p>22</p> <p>a.m. English Muffin w/ Melted Cheese <b>Beef Ravioli</b> (VA: Cheese Ravioli) <b>Whole Wheat Garlic Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Melon</b></p> <p>p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>23</p> <p>a.m. Yogurt &amp; Granola <b>Cod Filet Tacos</b> (VA:Plant Based Breaded Tender) <b>Warm Wheat Tortillas</b> <b>Fresh Edamame</b> <b>Orange Slices</b></p> <p>p.m. Cheese &amp; Tomato Quesadilla</p>	<p>24</p> <p>a.m. Warm Cinnamon Apple &amp; Wheat Toast <b>Chicken &amp; Broccoli Rice Casserole</b> (VA: Three Rice Blend ) <b>Buttered Whole Wheat Bread</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Pineapple</b></p> <p>p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>25</p> <p>a.m. Chex Cereal &amp; Berries <b>Bean &amp; Cheese Burritos</b> <b>Wheat Tortillas</b> <b>Corn &amp; Diced Tomatoes</b> <b>Fruit Medley</b></p> <p>p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>28</p> <p>a.m. Blueberry Muffins <b>Sweet &amp; Sour Chicken w/ Veggies</b> (VA: Mediterranean Couscous) <b>Brown Rice</b> <b>Fresh Green Beans</b> <b>Pears</b></p> <p>p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ranch dip</p>	<p>29</p> <p>a.m. Fruit and Yogurt Parfait <b>Beef Ravioli</b> (Cheese Ravioli) <b>Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Fresh Apple Slices</b></p> <p>p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>30</p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Grilled Chicken &amp; Cheese Pita Sandwiches</b> (VA: Cheese Pita) <b>Italian Salad w/Tomato &amp; Cucumber</b> <b>Mandarin Oranges</b></p> <p>p.m. Apples &amp; Sun Butter</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!**