

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>a.m. Smashed Avocado & Wheat Toast ¹</p> <p>Sloppy Joes Sandwiches (VA: Beyond Beef) On Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter</p>	<p>²</p> <p>a.m. Bagel w/ Melted Cheese Warm Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>⁵</p> <p>a.m. Whole Grain Waffles & Berries Ground Beef Soft Tacos (VA: Refried Beans) Spanish Rice Roasted Asparagus Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>a.m. Wheat Cheese Toast Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>⁷</p> <p>a.m. Apple & Yogurt Chicken Noodle Casserole (VA: Green Peas) Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>⁸</p> <p>a.m. Bagel & Sun Butter Chicken, Brown Rice & Cheese Casserole (VA: Green Peas) Warm Wheat Tortillas Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>⁹</p> <p>a.m. Peaches & Cottage Cheese Lemon & Broccoli Whole Wheat Pasta Whole Wheat Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices</p>
<p>¹²</p> <p>a.m. Biscuits & Fruit Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Buttered Whole Wheat Bread Sweet Peas Fresh Pineapple p.m. Wheat Thin Crackers w/Cheese & Pepperoni</p>	<p>¹³</p> <p>a.m. Blueberry Muffins Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Sweet Potatoes Orange Slices p.m. English Muffin Pizzas</p>	<p>¹⁴</p> <p>a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu) Buttered Whole Wheat Bread Diced Carrots Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>¹⁵</p> <p>a.m. Smashed Avocado & Wheat Toast Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Whole Wheat Garlic Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter</p>	<p>¹⁶</p> <p>a.m. Bagel w/ Melted Cheese Cheesy Whole Wheat Pasta & Broccoli Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>¹⁹</p> <p>a.m. Whole Grain Pancakes & Banana Slices Chicken Black Bean & Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Roasted Cauliflower Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>²⁰</p> <p>a.m. Wheat Cinnamon Toast & Fruit Whole Wheat Pasta w/ Ground Turkey & Marinara (VA: Chickpeas) Whole Wheat Garlic Bread Chopped Broccoli Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>²¹</p> <p>a.m. Yogurt & Berries Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Warm Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>²²</p> <p>a.m. Banana Muffins Meatloaf & Mashed Potatoes (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>²³</p> <p>a.m. English Muffins & Sun Butter Bean and Cheese Tacos Warm Wheat Tortillas Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices</p>
<p>²⁶</p> <p></p>	<p>²⁷</p> <p>a.m. English Muffin w/ Melted Cheese Turkey & Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>²⁸</p> <p>a.m. Yogurt & Granola Chicken & Black Bean Taco Casserole (VA: Black Beans) Warm Wheat Tortillas fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p>	<p>²⁹</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pineapple p.m. Wheat Pretzels & Orange Slices</p>	<p>³⁰</p> <p>a.m. Chex Cereal & Berries Warm Vegetable Soup Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p>

May
2025



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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!