

HEALTHY NUTRITION · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Whole Grain Waffles & Berries ² Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Wheat Cheese Toast ³ Beef Lasagna (VA: Vegetarian Lasagna) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Crisp Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apple & Yogurt ⁴ Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Crisp Italian Salad w/ Tomato & Cucumber Fresh Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel & Sun Butter ⁵ Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese ⁶ Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin w/ Sunbutter & Bananas Slices
a.m. Biscuits & Fruit ⁹ Chicken Fajitas w/ Cheese (VA: Southwest Rice & Black Beans) Warm Wheat Tortillas Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/Cheese & Pepperoni	a.m. Blueberry Muffins ¹⁰ Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait ¹¹ Chicken Tetrazzini (VA: Mediterranean Couscous) Buttered Whole Wheat Bread Fresh Snap Peas Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast ¹² Chicken Stir Fry w/ Lo Mein (VA: Asian Vegetable & Edamame Medley) Brown Rice Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter	a.m. Bagel w/ Melted Cheese ¹³ Cheese Ravioli Whole Wheat Garlic Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
a.m. Whole Grain Pancakes & Banana Slices ¹⁶ Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Roasted Diced Carrots Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	a.m. Wheat Cinnamon Toast & Fruit ¹⁷ Beef Tacos (VA: Refried Bean) Warm Wheat Tortillas Fresh Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	a.m. Yogurt & Berries ¹⁸ Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Crisp Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins ¹⁹ Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. English Muffins & Sun Butter ²⁰ Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices
a.m. Sausage Biscuit ²³ Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Corn Kernels Fresh Peaches p.m. Sunbutter Sandwiches	a.m. English Muffin w/ Melted Cheese ²⁴ Beef Ravioli (VA: Cheese Ravioli) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola ²⁵ Cod Filet Tacos (VA: Plant Based Breaded Tender) Warm Wheat Tortillas Fresh Edamame Sweet Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast ²⁶ Chicken & Broccoli Rice Casserole (VA: Three Rice Blend) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pineapple p.m. Wheat Pretzels & Orange Slices	a.m. Chex Cereal & Berries ²⁷ Bean & Cheese Burritos Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice
a.m. Blueberry Muffins ³⁰ Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous) Brown Rice Fresh Green Beans Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip				

June
2025



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!