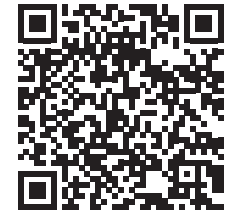


# HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Whole Grain Waffles & Berries <sup>2</sup> <b>Chicken Pot Pie</b> (VA: Green Peas) <b>Buttered Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Fresh Pears</b> p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Wheat Cheese Toast <sup>3</sup> <b>Turkey Tetrazzini</b> <b>Casserole (VA: Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Crisp Apple Slices</b> p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apple & Yogurt <sup>4</sup> <b>Chicken Fajitas with Cheese</b> (VA: Refried Beans) <b>Wheat Tortillas</b> <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread & Hummus	a.m. Bagel & Sun Butter <sup>5</sup> <b>Beef Stroganoff</b> (VA: Chickpeas) <b>Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese <sup>6</sup> <b>Vegetarian Lasagna</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Chopped Broccoli &amp; Cauliflower</b> <b>Apple Sauce</b> p.m. English Muffin w/ Sunbutter & Bananas Slices
a.m. Biscuits & Fruit <sup>9</sup> <b>Lite Chicken Divan</b> (VA:Green Peas) <b>Toasted Whole Wheat Garlic Bread</b> <b>Fresh Green Beans</b> <b>Fresh Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	a.m. Blueberry Muffins <sup>10</sup> <b>Ground Turkey &amp; Cheese</b> (VA: Cheese) <b>Flatbread Pizza</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Fresh Orange Slices</b> p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait <sup>11</sup> <b>Sesame Chicken Slaw Wraps</b> (VA: Edamame) <b>Warm Wheat Tortillas</b> <b>Snap Peas</b> <b>Fresh Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast <sup>12</sup> <b>Sloppy Joes Sandwiches</b> (VA: Beyond Beef) <b>On Whole Wheat Bread</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b> p.m. Apples & Sun Butter	a.m. Bagel w/ Melted Cheese <sup>13</sup> <b>Warm Broccoli Cheese Soup</b> <b>Toasted Pita Bread</b> <b>Vegetable Medley</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers & Melon
a.m. Whole Grain Waffles <sup>16</sup> & Berries <b>Zesty Chicken</b> <b>Tetrazzini</b> <b>Brown Rice</b> <b>Fresh Green Beans</b> <b>Mandarin Oranges</b> p.m. Cheese Itz Crackers & Cucumbers	a.m. Wheat Cinnamon Toast <sup>17</sup> & Fruit <b>Tuna Noodle Casserole</b> (VA: Green Peas) <b>Buttered Whole Wheat Bread</b> <b>Sweet Peas</b> <b>Fresh Pears</b> p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	a.m. Yogurt & Berries <sup>18</sup> <b>Cheese Ravioli with Beef Marinara</b> (VA: Marinara Sauce) <b>Whole Wheat Garlic Bread</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Crisp Apple Slices</b> p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins <sup>19</sup> <b>Chicken Veggie Salad Wraps</b> (VA: Chickpeas) <b>Warm Wheat Tortillas</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Mandarin Oranges</b> p.m. Turkey & Cheese Pita Sandwich	a.m. English Muffins & Sun Butter <sup>20</sup> <b>Veggie Stir fry</b> <b>Brown Rice</b> <b>Pea &amp; Carrot Medley</b> <b>Bananas</b> p.m. Fresh Apples & Cheese Slices
a.m. Sausage Biscuit <sup>23</sup> <b>Chicken, Spinach and Cheese Enchiladas</b> (VA: Black Beans) <b>Warm Wheat Tortillas</b> <b>Corn Kernels</b> <b>Fresh Peaches</b> p.m. Sunbutter Sandwiches	a.m. English Muffin w/ Melted Cheese <sup>24</sup> <b>Ground Turkey Lasagna Bake (VA: Tofu)</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola <sup>25</sup> <b>Sliced Potato and Ham Casserole (VA: Tofu)</b> <b>Buttered Whole Wheat Bread</b> <b>Edamame</b> <b>Fresh Orange Slices</b> p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast <sup>26</sup> <b>Flame Broiled burgers w/ Cheese (VA: Beyond Beef)</b> <b>on Whole Wheat Bread</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Fresh Pineapple</b> p.m. Wheat Pretzels & Orange Slices	a.m. Chex Cereal & Berries <sup>27</sup> <b>Warm Three Bean soup</b> <b>Cornbread</b> <b>Corn &amp; Diced Tomatoes</b> <b>Fruit Medley</b> p.m. Multi Seed Crackers w/ Apple Slice
a.m. Whole Grain Waffles & Berries <sup>30</sup> <b>Warm Chicken Noodle Soup</b> (VA: Chickpeas) <b>Toasted Whole Wheat Garlic Bread</b> <b>Fresh Green Beans</b> <b>Pears</b> p.m. Cheddar Rice Cakes & Carrot 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!**