




HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
	1 a.m. Wheat Cheese Toast Shepherd's Pie (VA: Green Peas) Buttered Whole Wheat Bread Roasted Asparagus Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	2 a.m. Apple & Yogurt Parmesan Chicken with Whole Wheat Pasta (VA: Breaded Tofu) Whole Wheat Garlic Bread Italian Salad w/Tomato & Fresh Cucumber Fresh Mandarin Oranges p.m. Pita Bread & Hummus	3 a.m. Bagel & Sun Butter Warm Beef & Bean Chili (VA: Pinto Beans) Cornbread Roasted Zucchini & Squash Bananas p.m. Whole Grain Cheddar Crackers & Fruit	4 Stepping Stone School Closed in observance of Independence Day 
7 a.m. Biscuits & Fruit Cheesy Chicken & Spinach Casserole (VA: Chickpeas) Fluffy Spanish Rice Diced Carrots Fresh Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	8 a.m. Blueberry Muffins Ham, Potato & Veggie Bake (VA: Green Peas) Toasted Whole Wheat Garlic Bread Fresh Sweet Peas Orange Slices p.m. English Muffin Pizzas	9 a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Alfredo w/ Chicken (VA: Tofu) Whole Wheat Garlic Bread Pea & Carrot Medley Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	10 a.m. Smashed Avocado & Wheat Toast Green Chile Chicken & Bean Casserole (VA: Black Beans) Wheat Tortillas Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter	11 a.m. Bagel w/ Melted Cheese Tomato Soup & Grilled Cheese On Whole Wheat Bread Coleslaw & Pinto Beans Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
14 a.m. Whole Grain Pancakes & Banana Slices Baked Chicken and Stuffing (VA: Tofu) Buttered Whole Wheat Bread Roasted Sweet Potatoes Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	15 a.m. Wheat Cinnamon Toast & Fruit Ground Turkey Goulash (VA: Chickpeas) Buttered Whole Wheat Bread Fresh Chopped Broccoli Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	16 a.m. Yogurt w/ Fresh Berries Tuna Salad Sandwich (VA: SunButter Sandwich) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	17 a.m. Banana Muffins Beef, Bean & Cheese Tacos (VA: Bean) Wheat Tortillas Roasted Cauliflower Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	18 a.m. English Muffins & Sun Butter Pinto Bean Chili Cornbread Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices
21 a.m. Sausage Biscuit Chicken & Bean Chili (VA: Pinto Beans) Cornbread Fresh Corn Kernels Peaches p.m. Sunbutter Sandwiches	22 a.m. English Muffin w/ Melted Cheese Teriyaki Chicken (VA: Edamame) Fluffy Brown Rice Snap Peas Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	23 a.m. Yogurt & Granola Grilled Chicken & Cheese (VA: Side of Pinto Beans) Pita Sandwich Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	24 a.m. Warm Cinnamon Apples & Wheat Toast Beef and Fresh Tomato Rice Bake (VA: Black Beans) Warm Wheat Tortillas California Salad w/ Tomato & Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	25 a.m. Chex Cereal & Berries Whole Wheat Pasta w/ Marinara Sauce Toasted Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice
28 a.m. Whole Grain Waffles & Berries Chicken, Brown Rice & Cheese Casserole (VA: Green Peas) Warm Wheat Tortillas Roasted Asparagus Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	29 a.m. Wheat Cheese Toast Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	30 a.m. Apples & Yogurt Chicken Noodle Casserole (VA: Green Peas) Toasted Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	31 a.m. Bagel & Sun Butter Ground Beef Soft Tacos (VA: Refried Beans) Warm Wheat Tortillas Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit	

July
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!