


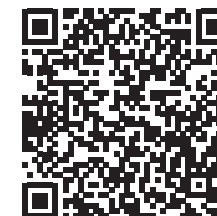


HEALTHY NUTRITION • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
	a.m. Fruit and Yogurt Parfait ¹ Beef Ravioli (Cheese Ravioli) Whole Wheat Garlic Bread Roasted Asparagus Fresh Apple Slices p.m. Wheat Pretzels w/ Cheese Slices	a.m. Smashed Avocado & Wheat Toast ² Grilled Chicken & Cheese Pita Sandwiches (VA: Cheese Pita) Italian Salad w/Tomato & Fresh Cucumber Fresh Mandarin Oranges p.m. Apples & Sun Butter	a.m. Bagel w/ Melted Cheese ³ Chicken Spaghetti (VA: Macaroni & Cheese with Diced Tomatoes) Toasted Whole Wheat Garlic Bread Roasted Zucchini & Squash Bananas p.m. Cheddar Rice Cakes & Orange Slices	⁴ Stepping Stone School <i>Closed in observance of Independence Day</i> 
a.m. Whole Grain Waffles & Berries ⁷ Chicken & Cheese Pasta w/ Veggies (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread Roasted Asparagus fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Wheat Cheese Toast ⁸ Italian Turkey Meatball Bits w/ Marinara (VA: Beyond Beef Balls) Whole Wheat Garlic Bread Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apples and Yogurt ⁹ Garlic Chicken & Veggie Pasta (VA: Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread Italian Salad w/Tomato & Fresh Cucumber p.m. Mandarin Oranges Pita Bread & Hummus	a.m. Bagel & Sun Butter ¹⁰ Whole Wheat Pasta Alfredo & Chicken (VA: Vegetable Pasta Alfredo) Toasted Whole Wheat Garlic Bread Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese ¹¹ Cheese Ravioli Toasted Whole Wheat Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin w/ Sunbutter & Bananas Slices
a.m. Biscuits & Fruit ¹⁴ Chicken & Cheese Enchiladas Bake (VA: Cheese Enchiladas) Warm Wheat Tortillas Fresh Sweet Peas Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	a.m. Blueberry Muffins ¹⁵ Beef Lo Mein and Veggies (VA: Asian Vegetable & Edamame Medley) Buttered Whole Wheat Bread Fresh Diced Carrots Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait ¹⁶ Cod Fish Filets (VA: Plant Based Breaded Tender) Toasted Whole Wheat Garlic Bread Roasted Sweet Potatoes Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast ¹⁷ Chicken Breast Strips (VA: Plant Based Breaded Tender) Buttered Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter	a.m. Bagel w/ Melted Cheese ¹⁸ Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
a.m. Whole Grain Pancakes & Banana Slices ²¹ Hearty Chicken Pot Pie (VA: Creamy Risotto) Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	a.m. Wheat Cinnamon Toast & Fruit ²² Macaroni & Beef w/ Tomatoes (VA:Macaroni & Cheese w/Tomatoes) Whole Wheat Garlic Bread Chopped Broccoli Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	a.m. Yogurt w/ Fresh Berries ²³ Beef & Bean Burritos (VA:: Refried Beans) Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins ²⁴ Grilled Chicken & Veggie Pasta (VA:Vegetable Pasta w/ Cheddar Sauce) Toasted Whole Wheat Garlic Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. English Muffins & Sun Butter ²⁵ Bean & Cheese Burritos Wheat Tortillas Chopped Broccoli & Cauliflower Fresh Bananas p.m. Apples & Cheese Slices
a.m. Sausage Biscuit ²⁸ Chicken, Spinach & Cheese Enchiladas (VA:Cheese Enchiladas) Fluffy Spanish Rice Fresh Snap Peas Fresh Peaches p.m. Sunbutter Sandwiches	a.m. English Muffin w/ Melted Cheese ²⁹ Meatloaf (VA: Beyond Beef) Buttered Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola ³⁰ Tortilla Beef Bake (VA: Cheese & Marinara Quesadilla) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples ³¹ & Wheat Toast Chicken and Dumplings (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pineapple p.m. Wheat Pretzels & Orange Slices	

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!