

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ a.m. Peaches & Cottage Cheese Lemon & Broccoli Whole Wheat Pasta Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices
⁴ a.m. Biscuits & Fruit Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Toasted Buttered Whole Wheat Bread Sweet Peas Fresh Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	⁵ a.m. Blueberry Muffins Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Sweet Potatoes Fresh Orange Slices p.m. English Muffin Pizzas	⁶ a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu) Buttered Whole Wheat Bread Diced Carrots Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	⁷ 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	⁸ a.m. Bagel w/ Melted Cheese Cheesy Whole Wheat Pasta & Broccoli Toasted Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
¹¹ 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	¹² a.m. Wheat Cinnamon Toast & Fruit Whole Wheat Pasta w/ Ground Turkey & Marinara (VA: Chickpeas) Toasted Whole Wheat Garlic Bread Chopped Broccoli Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ranch dip	¹³ a.m. Yogurt w/ Fresh Berries Chicken & Black Bean Taco Casserole (VA: Black Beans) Warm Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	¹⁴ a.m. Banana Muffins Meatloaf & Mashed Potatoes (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Zucchini & Squash Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	¹⁵ a.m. English Muffins & Sun Butter Bean and Cheese Tacos Warm Wheat Tortillas Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices
¹⁸ a.m. Sausage Biscuit Chicken Cacciatore (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Snap Peas Peaches p.m. Sunbutter Sandwiches	¹⁹ a.m. English Muffin w/ Melted Cheese Turkey & Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Fresh Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	²⁰ a.m. Yogurt & Granola Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Toasted Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	²¹ a.m. Warm Cinnamon Apples & Wheat Toast Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Fresh Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	²² 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
²⁵ a.m. Whole Grain Waffles & Berries Hearty Chicken Pot Pie (VA: Green Peas) Buttered Whole Wheat Bread Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	²⁶ a.m. Wheat Cheese Toast Turkey Tetrazzini Casserole (VA: Tofu) Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	²⁷ a.m. Apples and Ypгурt Chicken Fajitas with Cheese (VA: Refried Beans) Warm Wheat Tortillas Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	²⁸ a.m. Bagel & Sun Butter Beef Stroganoff (VA: Chickpeas) Whole Wheat Garlic Bread Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	²⁹ a.m. Peaches & Cottage Cheese Vegetarian Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices

August
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!