

HEALTHY NUTRITION • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
				1 a.m. Chex Cereal & Berries Vegetarian Lasagna Bake Toasted Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice
4 a.m. Whole Grain Waffles & Berries Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Fresh Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	5 a.m. Wheat Cheese Toast Beef Lasagna (VA: Vegetarian Lasagna) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Slices Toasted Veggie Chip Crackers & Cheese Slices	6 a.m. Apples and Yogurt Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	7 a.m. Bagel & Sun Butter Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	8 a.m. Peaches & Cottage Cheese Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices
11 a.m. Biscuits & Fruit Chicken Fajitas w/ Cheese (VA: Southwest Rice & Black Beans) Warm Wheat Tortillas Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	12 a.m. Blueberry Muffins Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas	13 a.m. Fruit and Yogurt Parfait Chicken Tetrazzini (VA: Mediterranean Couscous) Buttered Whole Wheat Bread Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	14 a.m. Smashed Avocado & Wheat Toast Chicken Stir Fry w/ Lo Mein (VA: Asian Vegetable & Edamame Medley) Brown Rice Ranch Salad w/Tomato Cheddar Cheese p.m. Fresh Melon	15 a.m. Bagel w/ Melted Cheese Cheese Ravioli Toasted Whole Wheat Garlic Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
18 a.m. Whole Grain Pancakes & Banana Slices Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Roasted Diced Carrots Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	19 a.m. Wheat Cinnamon Toast & Fruit Beef Tacos (VA: Refried Bean) Warm Wheat Tortillas Fresh Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	20 a.m. Yogurt w/ Fresh Berries Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	21 a.m. Banana Muffins Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	22 a.m. English Muffins & Sun Butter Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices
25 a.m. Sausage Biscuit Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Corn Kernels Fresh Peaches p.m. Sunbutter Sandwiches	26 a.m. English Muffin w/ Melted Cheese Beef Ravioli (VA: Cheese Ravioli) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	27 a.m. Yogurt & Granola Cod Filet Tacos (VA: Plant Based Breaded Tender) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	28 a.m. Warm Cinnamon Apples & Wheat Toast 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	29 a.m. Chex Cereal & Berries Bean & Cheese Burritos Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice

August
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!