


# HEALTHY NUTRITION · MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>1</b></p>	<p><b>2</b></p> <p>a.m. Fruit and Yogurt Parfait <b>Beef Ravioli</b> (Cheese Ravioli) <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Fresh Apple Slices</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p><b>3</b></p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Grilled Chicken &amp; Cheese Pita Sandwiches</b> (VA: Cheese Pita) <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Mandarin Oranges</b> p.m. Apples &amp; Sun Butter</p>	<p><b>4</b></p> <p>a.m. Bagel w/ Melted Cheese <b>Chicken Spaghetti</b> (VA: Macaroni &amp; Cheese with Diced Tomatoes) <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Zucchini &amp; Squash Bananas</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p><b>5</b></p> <p>a.m. Biscuits &amp; Fruit <b>Cheese Tortellini w/ Marinara</b> <b>Buttered Whole Wheat Bread</b> <b>Vegetable Medley</b> <b>Apple Sauce</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>
<p><b>8</b></p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Chicken &amp; Cheese Pasta w/ Veggies</b> (VA:Vegetable Pasta w/ Cheddar Sauce) <b>Buttered Whole Wheat Bread</b> <b>Roasted Asparagus Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p><b>9</b></p> <p>a.m. Wheat Cheese Toast <b>Italian Turkey Meatball Bits w/ Marinara</b> (VA: Beyond Beef Balls) <b>Toasted Whole Wheat Garlic Bread</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Crisp Apple Slices</b> p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p><b>10</b></p> <p>a.m. Apples and Yogert <b>Garlic Chicken &amp; Veggie Pasta</b> (VA: Vegetable Pasta w/ Cheddar Sauce) <b>Buttered Whole Wheat Bread</b> <b>Italian Salad w/Tomato &amp; Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p><b>11</b></p> <p>a.m. Bagel &amp; Sun Butter <b>Whole Wheat Pasta Alfredo &amp; Chicken</b> (VA: Vegetable Pasta Alfredo) <b>Whole Wheat Garlic Bread</b> <b>Fresh Green Beans</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p><b>12</b></p> <p>a.m. Peaches &amp; Cottage Cheese <b>Vegetarian Lasagna Bake</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Vegetable Medley</b> <b>Apple Sauce</b> p.m. English Muffin w/Sunbutter &amp; Bananas Slices</p>
<p><b>15</b></p> <p>a.m. Biscuits &amp; Fruit <b>Chicken &amp; Cheese Enchiladas Bake</b> (VA: Cheese Enchiladas) <b>Warm Wheat Tortillas</b> <b>Fresh Sweet Peas</b> <b>Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p><b>16</b></p> <p>a.m. Blueberry Muffins <b>Beef Lo Mein and Veggies</b> (VA: Asian Vegetable &amp; Edamame Medley ) <b>Buttered Whole Wheat Bread</b> <b>Fresh Diced Carrots</b> <b>Orange Slices</b> p.m. English Muffin Pizzas</p>	<p><b>17</b></p> <p>a.m. Fruit and Yogurt Parfait <b>Cod Fish Filets</b> (VA: Plant Based Breaded Tender) <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Sweet Potatoes</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p><b>18</b></p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Chicken Breast Strips</b> (VA: Plant Based Breaded Tender) <b>Buttered Whole Wheat Bread</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b> p.m. Apples &amp; Sun Butter</p>	<p><b>19</b></p> <p>a.m. Bagel w/ Melted Cheese <b>Macaroni &amp; Cheese</b> <b>Buttered Whole Wheat Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p><b>22</b></p> <p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Chicken Pot Pie</b> (VA: Creamy Risotto) <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p><b>23</b></p> <p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Macaroni &amp; Beef w/ Tomatoes</b> (VA:Macaroni &amp; Cheese w/ Tomatoes) <b>Whole Wheat Garlic Bread</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ranch dip</p>	<p><b>24</b></p> <p>a.m. Yogurt w/ Fresh Berries <b>Beef &amp; Bean Burritos</b> (VA: Refried Beans) <b>Warm Wheat Tortillas</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Crisp Apple Slices</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p><b>25</b></p> <p>a.m. Banana Muffins <b>Grilled Chicken &amp; Veggie Pasta</b> (VA:Vegetable Pasta w/ Cheddar Sauce) <b>Toasted Whole Wheat Garlic Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p><b>26</b></p> <p>a.m. English Muffins &amp; Sun Butter <b>Cheese Ravioli</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Chopped Broccoli</b> <b>&amp; Cauliflower</b> <b>Bananas</b> p.m. Apples &amp; Cheese Slices</p>
<p><b>29</b></p> <p>a.m. Sausage Biscuit <b>Chicken, Spinach &amp; Cheese Enchiladas</b> (VA:Cheese Enchiladas) <b>Spanish Rice</b> <b>Fresh Snap Peas</b> <b>Peaches</b> p.m. Sunbutter Sandwiches</p>	<p><b>30</b></p> <p>a.m. English Muffin w/ Melted Cheese <b>Meatloaf</b> (VA: Beyond Beef) <b>Buttered Whole Wheat Bread</b> <b>Corn Kernels</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>			

September  
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!**