

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>2</p> <p>a.m. Blueberry Muffins Oven Baked Ground Turkey & Cheese (VA: Cheese) Flat-bread Pizza Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas</p>	<p>3</p> <p>a.m. Fruit and Yogurt Parfait Crisp Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Snap Peas Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>4</p> <p>a.m. Smashed Avocado & Wheat Toast Sloppy Joes Sandwiches (VA: Beyond Beef) On Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter</p>	<p>5</p> <p>a.m. English Muffins & Sun Butter Bean and Cheese Tacos Warm Wheat Tortillas Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices</p>
<p>8</p> <p>a.m. Whole Grain Waffles & Berries Chicken, Brown Rice & Cheese Casserole (VA:Green Peas) Warm Wheat Tortillas Roasted Asparagus Peas p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>9</p> <p>a.m. Wheat Cheese Toast Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>10</p> <p>a.m. Apple & Spiced Oatmeal Chicken Noodle Casserole (VA: Green Peas) Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Fresh Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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</p>
<p>15</p> <p>a.m. Biscuits & Fruit Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Buttered Whole Wheat Bread Fresh Sweet Peas Fresh Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>16</p> <p>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</p>	<p>17</p> <p>a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu) Buttered Whole Wheat Bread Fresh Diced Carrots Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>18</p> <p>a.m. Smashed Avocado & Wheat Toast Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Toasted Whole Wheat Garlic Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter</p>	<p>19</p> <p>a.m. Bagel w/ Melted Cheese Cheesy Whole Wheat Pasta & Broccoli Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>22</p> <p>a.m. Whole Grain Pancakes & Banana Slices Chicken Black Bean & Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Roasted Cauliflower Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>23</p> <p>a.m. Wheat Cinnamon Toast & Fruit Whole Wheat Pasta w/ Ground Turkey & Marinara (VA: Chickpeas) Toasted nWhole Wheat Garlic Bread Chopped Broccoli Fresh Peas p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>24</p> <p>a.m. Pumpkin & Spiced Oatmeal Chicken & Black Bean Taco Casserole (VA: Black Beans) Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Crisp Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>25</p> <p>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</p>	<p>26</p> <p>a.m. Bagel w/ Melted Cheese Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>29</p> <p>a.m. Sausage Biscuit Chicken Cacciatore (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Snap Peas Peaches p.m. Sunbutter Sandwiches</p>	<p>30</p> <p>a.m. English Muffin w/ Melted Cheese Turkey & Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Corn Kernels Fresh Melon 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!