

# HEALTHY NUTRITION • MUELLER | HYDE PARK

## OCTOBER 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!**

**800 Ask your principal about vegetarian & vegan dietary needs!**

Monday	Tuesday	Wednesday	Thursday	Friday
		a.m. Yogurt & Granola <sup>1</sup> <b>Tortilla Beef Bake</b> (VA: Cheese & Marinara Quesadilla) Wheat Tortillas Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast <sup>2</sup> <b>Chicken and Dumplings</b> (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	a.m. Whole Grain Waffles & Berries <sup>3</sup> <b>Teriyaki Chicken</b> (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip
	a.m. Apple & Spiced Oatmeal <sup>7</sup> <b>Turkey &amp; Cheese Sandwiches</b> (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel & Sun Butter <sup>8</sup> <b>Texas Ranch Chicken</b> (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese <sup>9</sup> Macaroni & Cheese <b>Buttered Whole Wheat Bread</b> Chopped Broccoli & Roasted Cauliflower Fresh Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices	a.m. Peaches & Cottage Cheese <sup>10</sup> <b>Vegetarian Lasagna</b> Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices
	a.m. Biscuits & Fruit <sup>13</sup> <b>Chicken Fajitas w/ Cheese</b> (VA:Southwest Rice & Black Beans) Warm Wheat Tortillas Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	a.m. Blueberry Muffins <sup>14</sup> <b>Turkey &amp; Cheese Wraps</b> (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait <sup>15</sup> <b>Chicken Tetrazzini</b> (VA:Mediterranean Couscous) Buttered Whole Wheat Bread Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast <sup>16</sup> <b>Chicken Stir Fry w/ Lo Mein</b> (VA:Asian Vegetable & Edamame Medley) Brown Rice Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter
	a.m. Wheat Cinnamon Toast & Fruit <sup>21</sup> <b>Beef Tacos</b> (VA: Refried Bean) Warm Wheat Tortillas Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	a.m. Pumpkin & Spiced Oatmeal <sup>22</sup> <b>Flame Broiled Burgers w/ Cheese</b> (Beyond Beef) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins <sup>23</sup> <b>Cheesy Ranch Chicken</b> (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. English Muffins & Sun Butter <sup>24</sup> <b>Manicotti w/ Marinara</b> Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices
	a.m. Sausage Biscuit <sup>27</sup> <b>Chicken Veggie Salad Wraps</b> (VA: Hummus) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Sunbutter Sandwiches	a.m. Yogurt & Granola <sup>29</sup> <b>Cod Filet Tacos</b> (VA:Plant Based Breaded Tender) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast <sup>30</sup> <b>Chicken &amp; Broccoli Rice Casserole</b> (VA: Three Rice Blend) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	a.m. Chex Cereal & Berries <sup>31</sup> <b>Bean &amp; Cheese Burritos</b> Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice