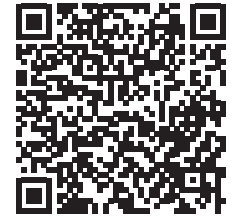


HEALTHY NUTRITION

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 ¹ Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Toasted Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast ² Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pineapple p.m. Wheat Pretzels & Orange Slices	a.m. Chex Cereal & Berries ³ Vegetable Soup Toaste Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice
	a.m. Wheat Cheese Toast ⁷ Turkey Tetrazzini Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apple & Spiced Oatmeal ⁸ Chicken Fajitas with Cheese (VA: Refried Beans) Warm Wheat Tortillas Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel & Sun Butter ⁹ Beef Stroganoff (VA: Chickpeas) Whole Wheat Garlic Bread Roasted Asparagus Fresh Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese ¹⁰ Vegetarian Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices
	a.m. Biscuits & Fruit ¹³ Lite Chicken Divan (VA:Green Peas) Toasted Whole Wheat Garlic Bread Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	a.m. Blueberry Muffins ¹⁴ Ground Turkey & Cheese (VA: Cheese) Flatbread Pizza Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait ¹⁵ Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Bagel w/ Melted Cheese ¹⁷ Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
	a.m. Wheat Cinnamon Toast & Fruit ²¹ Tuna Noodle Casserole (VA: Green Peas) Buttered Whole Wheat Bread Fresh Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip	a.m. Pumpkin & Spiced Oatmeal ²² Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Whole Wheat Garlic Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins ²³ Chicken Veggie Salad Wraps (VA: Chickpeas) Warm Wheat Tortillas Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. English Muffins & Sun Butter ²⁴ Zesty Veggie Stir fry Brown Rice Pea & Carrot Medley Bananas p.m. Fresh Apples & Cheese Slices
	a.m. English Muffin w/ Melted Cheese ²⁸ Ground Turkey Lasagna Bake (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola ²⁹ Sliced Potato and Ham Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast ³⁰ Flame Broiled burgers w/ Cheese (VA: Beyond Beef) on Whole Wheat Bread California Salad w/ Tomato & Fresh Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	a.m. Chex Cereal & Berries ³¹ Three Bean soup Cornbread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice
a.m. Whole Grain Waffles & Berries ⁶ Chicken Pot Pie (VA: Green Peas) Buttered Whole Wheat Bread Chopped Broccoli Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Wheat Cheese Toast ⁷ Turkey Tetrazzini Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apple & Spiced Oatmeal ⁸ Chicken Fajitas with Cheese (VA: Refried Beans) Warm Wheat Tortillas Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel & Sun Butter ⁹ Beef Stroganoff (VA: Chickpeas) Whole Wheat Garlic Bread Roasted Asparagus Fresh Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Peaches & Cottage Cheese ¹⁰ Vegetarian Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices