

HEALTHY NUTRITION • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
1 a.m. Whole Grain Waffles & Berries Chicken Pot Pie (VA: Green Peas) Buttered Whole Wheat Bread Chopped Broccoli Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	2 a.m. Wheat Cheese Toast Beef Lasagna (VA: Vegetarian Lasagna) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	3 a.m. Stewed Apples & Spiced Oatmeal Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	4 a.m. Bagel w/ Cream Cheese & Berries Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	5 a.m. Peaches & Cottage Cheese Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Roasted Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices
9 a.m. Biscuits & Fruit Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans) Warm Wheat Tortillas Fresh Green Beans Fresh Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	10 a.m. Blueberry Muffins Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas	11 a.m. Fruit and Yogurt Parfait Chicken Tetrazzini (VA:Mediterranean Couscous) Buttered Whole Wheat Bread Fresh nap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	12 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 Fresh Melon p.m. Apples & Chex Cereal	13 a.m. Bagel w/ Melted Cheese Cheese Ravioli Toasted Whole Wheat Garlic Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon
16 a.m. Whole Grain Pancakes & Banana Slices Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Diced Carrots Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	17 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	18 a.m. Pumpkin & Spiced Oatmeal 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	19 a.m. Banana Muffins Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	20 a.m. English Muffins & Cheese Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices
23 a.m. Sausage Biscuit Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Whole Grain Cheddar Crackers & Fruit	24 a.m. English Muffin w/ Melted Cheese Cheese Ravioli Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	25 a.m. Yogurt & Granola Cod Filet Tacos (VA:Plant Based Breaded Tender) Warm Wheat Tortillas Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	26 a.m. Warm Cinnamon Apples & Wheat Toast Chicken & Broccoli Rice Casserole (VA: Three Rice Blend) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pineapple p.m. Wheat Pretzels & Orange Slices	27 a.m. Chex Cereal & Berries Bean & Cheese Burritos Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice



February 2026



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!