

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>¹</p> <p>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</p>	<p>²</p> <p>a.m. Wheat Cheese Toast Turkey Tetrazzini Casserole (VA: Tofu) Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>³</p> <p>a.m. Stewed Apples & Spiced Oatmeal Chicken Fajitas with Cheese (VA: Refried Beans) Warm Wheat Tortillas Italian Salad w/Tomato & Fresh Cucumber p.m. Mandarin Oranges Pita Bread & Hummus</p>	<p>⁴</p> <p>a.m. Bagel w/ Cream Cheese & Berries Beef Stroganoff (VA: Chickpeas) Whole Wheat Garlic Bread Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>⁵</p> <p>a.m. Peaches & Cottage Cheese Vegetarian Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices</p>
<p>⁹</p> <p>a.m. Biscuits & Fruit Lite Chicken Divan (VA: Green Peas) Toasted Whole Wheat Garlic Bread Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>¹⁰</p> <p>a.m. Blueberry Muffins Ground Turkey & Cheese (VA: Cheese) Flatbread Pizza Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas</p>	<p>¹¹</p> <p>a.m. Fruit and Yogurt Parfait Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>¹²</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 & Chex Cereal</p>	<p>¹³</p> <p>a.m. Bagel w/ Melted Cheese Warm Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>¹⁶</p> <p>a.m. Whole Grain Pancakes & Banana Slices Fiesta Chicken & Bean Casserole (VA: Pinto Beans) Warm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>¹⁷</p> <p>a.m. Wheat Cinnamon Toast & Fruit Tuna Noodle Casserole (VA: Green Peas) Buttered Whole Wheat Bread Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>¹⁸</p> <p>a.m. Pumpkin & Spiced Oatmeal 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</p>	<p>¹⁹</p> <p>a.m. Banana Muffins Chicken Veggie Salad Wraps (VA: Chickpeas) Wheat Tortillas Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>²⁰</p> <p>a.m. English Muffins & Cheese Veggie Stir fry Brown Rice Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices</p>
<p>²³</p> <p>a.m. Sausage Biscuit Chicken, Spinach and Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>²⁴</p> <p>a.m. English Muffin w/ Melted Cheese Ground Turkey Lasagna Bake (VA: Tofu) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>²⁵</p> <p>a.m. Yogurt & Granola Sliced Potato and Ham Casserole (VA: Tofu) Whole Wheat Garlic Bread Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p>	<p>²⁶</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast 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</p>	<p>²⁷</p> <p>a.m. Chex Cereal & Berries Three Bean soup Cornbread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p>

February
2026



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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!