

# HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Chicken Noodle Soup (VA: Chickpeas)</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Fresh Green Beans Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>3</p> <p>a.m. Wheat Cheese Toast <b>Shepherd's Pie (VA: Green Peas)</b> <b>Buttered Whole Wheat Bread</b> <b>Fresh Asparagus</b> <b>Fresh Apple Slices</b> p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>4</p> <p>a.m. Stewed Apples &amp; Spiced Oatmeal <b>Parmesan Chicken with Whole Wheat Pasta (VA: Breaded Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>5</p> <p>a.m. Bagel w/ Cream Cheese &amp; Berries <b>Beef &amp; Bean Chili (VA: Pinto Beans)</b> <b>Cornbread</b> <b>Roasted Zucchini &amp; Squash Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>6</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Whole Wheat Pasta Alfredo</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Vegetable Medley</b> <b>Apple Sauce</b> p.m. English Muffin &amp; Bananas Slices</p>
<p>9</p> <p>a.m. Biscuits &amp; Fruit <b>Cheesy Chicken &amp; Spinach Casserole (VA: Chickpeas)</b> <b>Spanish Rice</b> <b>Fresh Diced Carrots</b> <b>Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>10</p> <p>a.m. Blueberry Muffins <b>Ham, Potato &amp; Veggie Bake (VA: Green Peas)</b> <b>Whole Wheat Garlic Bread</b> <b>Fresh Sweet Peas</b> <b>Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>11</p> <p>a.m. Fruit and Yogurt Parfait <b>Whole Wheat Pasta Alfredo w/ Chicken (VA: Tofu)</b> <b>Toasted Whole Wheat Garlic Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Fresh Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>12</p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Green Chile Chicken &amp; Bean Casserole (VA: Black Beans)</b> <b>Warm Wheat Tortillas</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b> p.m. Apples &amp; Chex Cereal</p>	<p>13</p> <p>a.m. Bagel w/ Melted Cheese <b>Tomato Soup &amp; Grilled Cheese</b> <b>On Whole Wheat Bread</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p>16</p> <p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Baked Chicken and Stuffing (VA: Tofu)</b> <b>Buttered Whole Wheat Bread</b> <b>Roasted Sweet Potatoes</b> <b>Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>17</p> <p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Ground Turkey Goulash (VA: Chickpeas)</b> <b>Buttered Whole Wheat Bread</b> <b>Fresh Chopped Broccoli Pears</b> p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ ranch dip</p>	<p>18</p> <p>a.m. Oatmeal w/ Fresh Berries <b>Tuna Salad Sandwich (VA: SunButter Sandwich)</b> <b>on Whole Wheat Bread</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Fresh Apple Slices</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>19</p> <p>a.m. Banana Muffins <b>Beef, Bean &amp; Cheese Tacos (VA: Bean)</b> <b>Warm Wheat Tortillas</b> <b>Fresh Roasted Cauliflower</b> <b>Fresh Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>20</p> <p>a.m. English Muffins &amp; Cheese <b>Pinto Bean Chili</b> <b>Cornbread</b> <b>Chopped Broccoli Cauliflower</b> <b>Bananas</b> p.m. Apples &amp; Cheese Slices</p>
<p>23</p> <p>a.m. Sausage Biscuit <b>Chicken &amp; Bean Chili (VA: Pinto Beans)</b> <b>Cornbread</b> <b>Fresh Corn Kernels</b> <b>Fresh Peaches</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>24</p> <p>a.m. English Muffin w/ Melted Cheese <b>Teriyaki Chicken (VA: Edamame)</b> <b>Brown Rice</b> <b>Snap Peas</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>25</p> <p>a.m. Yogurt &amp; Granola <b>Grilled Chicken &amp; Cheese (VA: Side of Pinto Beans)</b> <b>Pita Sandwich</b> <b>Fresh Edamame</b> <b>Orange Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>26</p> <p>a.m. Warm Cinnamon Apples &amp; Wheat Toast <b>Beef and Fresh Tomato Rice Bake (VA: Black Beans)</b> <b>Warm Wheat Tortillas</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Pineapple</b> p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>27</p> <p>a.m. Chex Cereal &amp; Berries <b>Whole Wheat Pasta w/ Marinara Sauce</b> <b>Whole Wheat Garlic Bread</b> <b>Corn &amp; Diced Tomatoes</b> <b>Fruit Medley</b> p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>30</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Chicken, Brown Rice &amp; Cheese Casserole (VA: Green Peas)</b> <b>Warm Wheat Tortillas</b> <b>Fresh Asparagus Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>31</p> <p>a.m. Wheat Cheese Toast <b>Cod Filet Tacos (VA: Edamame)</b> <b>Warm Wheat Tortillas</b> <b>Coleslaw &amp; Pinto Beans</b> p.m. Apple Slices</p>			

## March 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!**