

HEALTHY NUTRITION · MUELLER | HYDE PARK

April 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
- 12-24 months whole milk offered with lunch
- 2 yr. and up 2% milk offered with lunch

All Healthy Menu items are Locally Sourced!

Ask your principal about vegetarian & vegan dietary needs!

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>6</p> <p>a.m. Whole Grain Waffles & Berries Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Peas p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p> | <p>7</p> <p>a.m. Wheat Cheese Toast Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p> | <p>1</p> <p>a.m. Yogurt & Granola Tortilla Beef Bake (VA: Cheese & Marinara Quesadilla) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p> | <p>2</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast Chicken and Dumplings (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pineapple p.m. Wheat Pretzels & Orange Slices</p> | <p>3</p> <p>a.m. Chex Cereal & Berries Vegetarian Lasagna Bake Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p> |
| <p>13</p> <p>a.m. Biscuits & Fruit Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans) Warm Wheat Tortillas Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p> | <p>14</p> <p>a.m. Blueberry Muffins Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas</p> | <p>8</p> <p>a.m. Stewed Apples & Yogurt Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p> | <p>9</p> <p>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</p> | <p>10</p> <p>a.m. Peaches & Cottage Cheese Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Roasted Cauliflower Apple Sauce p.m. English Muffin & Bananas Slices</p> |
| <p>20</p> <p>a.m. Whole Grain Pancakes & Banana Slices Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Fresh Diced Carrots Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p> | <p>21</p> <p>a.m. Wheat Cinnamon Toast & Fruit Beef Tacos (VA: Refried Bean) Warm Wheat Tortillas Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p> | <p>15</p> <p>a.m. Fruit and Yogurt Parfait Chicken Tetrizzini (VA:Mediterranean Couscous) Buttered Whole Wheat Bread Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p> | <p>16</p> <p>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</p> | <p>17</p> <p>a.m. Bagel w/ Melted Cheese Cheese Ravioli Whole Wheat Garlic Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p> |
| <p>27</p> <p>a.m. Sausage Biscuit Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Whole Grain Cheddar Crackers & Fruit</p> | <p>28</p> <p>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</p> | <p>22</p> <p>a.m. Yogurt w/ Fresh Berries Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p> | <p>23</p> <p>a.m. Banana Muffins Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p> | <p>24</p> <p>a.m. English Muffins & Cheese Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices</p> |
| <p>29</p> <p>a.m. Yogurt & Granola Cod Filet Tacos (VA:Plant Based Breaded Tender) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p> | <p>30</p> <p>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</p> | | |  |