

# HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>a.m. Yogurt &amp; Berries <b>Chicken Noodle Casserole</b> (VA: Green Peas) <b>Whole Wheat Garlic Bread</b> <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Fresh Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>2</p> <p>a.m. Bagel w/ Cream Cheese &amp; Berries <b>Ground Beef Soft Tacos</b> (VA: Refried Beans) <b>Warm Wheat Tortillas</b> <b>Fresh Green Beans</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>3</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Lemon &amp; Broccoli Whole Wheat Pasta</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>6</p> <p>a.m. Biscuits &amp; Fruit <b>Chicken &amp; Broccoli Whole Wheat Pasta Bake</b> (VA: Tofu) <b>Buttered Whole Wheat Bread</b> <b>Fresh Sweet Peas</b> <b>Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>7</p> <p>a.m. Blueberry Muffins <b>Oven Roasted Turkey w/ Stuffing</b> (VA: Beyond Beef) <b>Buttered Whole Wheat Bread</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>8</p> <p>a.m. Fruit and Yogurt Parfait <b>Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese</b> (VA: Tofu) <b>Buttered Whole Wheat Bread</b> <b>Diced Carrots</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>9</p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Cheese Ravioli with Beef Marinara</b> (VA: Marinara Sauce) <b>Whole Wheat Garlic Bread</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> Fresh Melon p.m. Apples &amp; Chex Cereal</p>	<p>10</p> <p>a.m. Bagel w/ Melted Cheese <b>Cheesy Whole Wheat Pasta &amp; Broccoli</b> <b>Buttered Whole Wheat Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p>13</p> <p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Chicken Black Bean &amp; Cheese Enchiladas</b> (VA: Black Beans) <b>Warm Wheat Tortillas</b> <b>Roasted Cauliflower</b> <b>Fresh Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>14</p> <p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Whole Wheat Pasta w/ Ground Turkey &amp; Marinara</b> (VA: Chickpeas) <b>Whole Wheat Garlic Bread</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ ranch dip</p>	<p>15</p> <p>a.m. Yogurt w/ Fresh Berries <b>Chicken &amp; Black Bean Taco Casserole</b> (VA: Black Beans) <b>Warm Wheat Tortillas</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>16</p> <p>a.m. Banana Muffins <b>Meatloaf &amp; Mashed Potatoes</b> (VA: Beyond Beef) <b>Buttered Whole Wheat Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>17</p> <p>a.m. English Muffins &amp; Cheese <b>Bean and Cheese Tacos</b> <b>Wheat Tortillas</b> <b>Chopped Broccoli &amp; Cauliflower</b> <b>Bananas</b> p.m. Apples &amp; Cheese Slices</p>
<p>20</p> <p>a.m. Sausage Biscuit <b>Chicken Cacciatore</b> (VA: Tofu) <b>Whole Wheat Garlic Bread</b> <b>Fresh Snap Peas</b> <b>Peaches</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>21</p> <p>a.m. English Muffin w/ Melted Cheese <b>Turkey &amp; Cheese Toasted Sandwiches</b> (VA: Cheese Sandwich) <b>on Whole Wheat Bread</b> <b>Corn Kernels</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>22</p> <p>a.m. Yogurt &amp; Granola <b>Cod fish fillet w/ Spanish Rice</b> (VA: Breaded Tofu) <b>Whole Wheat Garlic Bread</b> <b>Fresh Edamame</b> <b>Fresh Orange Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>23</p> <p>a.m. Warm Cinnamon Apples &amp; Wheat Toast <b>Cheesy Potato Beef Bake</b> (VA: Pinto Beans) <b>Buttered Whole Wheat Bread</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Fresh Pineapple</b> p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>24</p> <p>a.m. Chex Cereal &amp; Berries <b>Lemon &amp; Broccoli Whole Wheat Pasta</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>27</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Chicken Pot Pie</b> (VA: Green Peas) <b>Buttered Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>28</p> <p>a.m. Apples and Yogurt <b>Chicken Fajitas with Cheese</b> (VA: Refried Beans) <b>Wheat Tortillas</b> <b>Italian Salad w/Tomato &amp; Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>29</p> <p>a.m. Bagel w/ Cream Cheese &amp; Berries <b>Beef Stroganoff</b> (VA: Chickpeas) <b>Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>30</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Vegetarian Lasagna</b> <b>Whole Wheat Garlic Bread</b> <b>Chopped Broccoli &amp; Roasted Cauliflower</b> <b>Fresh Apple Sauce</b> p.m. English Muffin &amp; Bananas Slices</p>	

## 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!**