

HEALTHY NUTRITION • MUELLER | HYDE PARK

May 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
				<p>1</p> <p>a.m. Chex Cereal & Berries Bean & Cheese Burritos Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley P.M. Multi Seed Crackers w/ Apple Slice</p>
				<p>4</p> <p>a.m. Blueberry Muffins Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous) Brown Rice Fresh Green Beans Peaches p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>
<p>11</p> <p>a.m. Whole Grain Waffles & Berries Turkey & Cheese (VA: Cheese) Bagel Sandwiches Roasted Asparagus Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>12</p> <p>a.m. Wheat Cheese Toast Italian Turkey Meatball Bits w/ Marinara (VA: Beyond Beef Balls) Whole Wheat Garlic Bread Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>13</p> <p>a.m. Fruit and Yogurt Parfait Garlic Chicken & Veggie Pasta (VA: Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>14</p> <p>a.m. Bagel w/ Cream Cheese & Berries Whole Wheat Pasta Alfredo & Chicken (VA: Vegetable Pasta Alfredo) Whole Wheat Garlic Bread Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>15</p> <p>a.m. Peaches & Cottage Cheese Broccoli Cheese Soup Whole Wheat Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin & Bananas Slices</p>
<p>18</p> <p>a.m. Biscuits & Fruit Chicken & Cheese Enchiladas Bake (VA: Cheese Enchiladas) Wheat Tortillas Sweet Peas Fresh Peaches p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>19</p> <p>a.m. Blueberry Muffins Chicken Lo Mein and Veggies VA: Asian Vegetable & Edamame Medley) Buttered Whole Wheat Bread Diced Carrots Orange Slices p.m. English Muffin Pizzas</p>	<p>20</p> <p>a.m. Fruit and Yogurt Parfait Cod Fish Filets (VA: Plant Based Breaded Tender) Whole Wheat Garlic Bread Roasted Sweet Potatoes Fresh Peas p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>21</p> <p>a.m. Smashed Avocado & Wheat Toast Chicken Breast Strips (VA: Plant Based Breaded Tender) Buttered Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Chex Cereal</p>	<p>22</p> <p>a.m. Bagel w/ Melted Cheese Tomato Soup Whole Wheat Grilled Cheese Sandwiches Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>25</p> <p>a.m. Whole Grain Pancakes & Banana Slices Chicken Pot Pie (VA: Creamy Risotto) Whole Wheat Garlic Bread Roasted Cauliflower Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>26</p> <p>a.m. Wheat Cinnamon Toast & Fruit Macaroni & Cheese w/Tomatoes Whole Wheat Garlic Bread Chopped Broccoli Fresh Peas p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>27</p> <p>a.m. Fruit and Yogurt Parfait Chicken, Spinach & Cheese Enchiladas (VA: Cheese Enchiladas) Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>28</p> <p>a.m. Banana Muffins Grilled Chicken & Veggie Pasta (VA: Vegetable Pasta w/ Cheddar Sauce) Whole Wheat Garlic Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>29</p> <p>a.m. English Muffins & Cheese Vegetable Soup Toasted Pita Bread Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices</p>