

HEALTHY NUTRITION

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. Peaches & Cottage Cheese Vegetarian Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices</p>				
				<p>4</p> <p>a.m. Biscuits & Fruit Lite Chicken Divan (VA: Green Peas) Toasted Whole Wheat Garlic Bread Fresh Green Beans Fresh Peaches p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>5</p> <p>a.m. Blueberry Muffins Ground Beef Soft Tacos (VA: Refried Beans) Spanish Rice & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas</p>	<p>6</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>7</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>8</p> <p>a.m. Bagel w/ Melted Cheese Cheesy Whole Wheat Pasta & Broccoli Warm Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
				<p>11</p> <p>a.m. Whole Grain Waffles & Berries Turkey & Cheese (VA: Cheese) Bagel Sandwiches Roasted Asparagus Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>12</p> <p>a.m. Wheat Cheese Toast Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>13</p> <p>a.m. Apple & Yogurt Chicken Noodle Casserole (VA: Green Peas) Toasted Whole Wheat Garlic 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 Chicken, Brown Rice & Cheese Casserole (VA: Green Peas) Warm Wheat Tortillas Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>15</p> <p>a.m. Peaches & Cottage Cheese Lemon & Broccoli Whole Wheat Pasta Toasted Whole Wheat Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin & Bananas Slices</p>
				<p>18</p> <p>a.m. Biscuits & Fruit Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Buttered Whole Wheat Bread Fresh Sweet Peas Fresh Peaches p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>19</p> <p>a.m. Blueberry Muffins Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Sweet Potatoes Orange Slices p.m. English Muffin Pizzas</p>	<p>20</p> <p>a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu) Buttered Whole Wheat Bread Diced Carrots Fresh Pears p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>21</p> <p>a.m. Smashed Avocado & Wheat Toast Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Toasted Whole Wheat Garlic 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 Cheesy Whole Wheat Pasta & Broccoli Buttered Whole Wheat Bread 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 Black Bean & Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Roasted Cauliflower Apple Sauce p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>26</p> <p>a.m. Wheat Cinnamon Toast & Fruit Whole Wheat Pasta w/ Ground Turkey & Marinara (VA: Chickpeas) Whole Wheat Garlic Bread Chopped Broccoli Fresh Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>27</p> <p>a.m. Yogurt w/ Fresh Berries Chicken & Black Bean Taco Casserole (VA: Black Beans) Warm 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 Meatloaf & Mashed Potatoes (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Zucchini & Squash Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>29</p> <p>a.m. English Muffins & Cheese Bean and Cheese Tacos Warm Wheat Tortillas Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices</p>