

# HEALTHY NUTRITION • MUELLER | HYDE PARK

## June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Sausage Biscuit <b>Chicken &amp; Cheese Pasta w/ Veggies (VA:Vegetable Pasta w/ Cheddar Sauce)</b> <b>Buttered Whole Wheat Bread</b> <b>Fresh Snap Peas</b> <b>Peaches</b> p.m. Ritz Crackers &amp; Fruit</p>	<p>2</p> <p>a.m. English Muffin w/ Melted Cheese <b>Meatloaf (VA: Beyond Beef)</b> <b>Buttered Whole Wheat Bread</b> <b>Corn Kernels</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>3</p> <p>a.m. Yogurt &amp; Granola <b>Tortilla Beef Bake (VA: Cheese &amp; Marinara Quesadilla)</b> <b>Warm Wheat Tortillas</b> <b>Fresh Edamame</b> <b>Orange Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>4</p> <p>a.m. Warm Cinnamon Apples &amp; Wheat Toast <b>Chicken and Dumplings (VA:Vegetable Pasta w/ Cheddar Sauce)</b> <b>Buttered Whole Wheat Bread</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Pears</b> p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>5</p> <p>a.m. Chex Cereal &amp; Berries <b>Vegetarian Lasagna Bake</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>8</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Teriyaki Chicken (VA: Asian Vegetable &amp; Edamame Medley)</b> <b>Brown Rice</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>9</p> <p>a.m. Wheat Cheese Toast <b>Beef Lasagna (VA: Vegetarian Lasagna)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Apple Slices</b> p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>10</p> <p>a.m. Fruit and Yogurt Parfait <b>Turkey &amp; Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread</b> <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>11</p> <p>a.m. Bagel w/ Cream Cheese &amp; Berries <b>Texas Ranch Chicken (VA: Cheese Quesadilla)</b> <b>Warm Wheat Tortillas</b> <b>Roasted Asparagus</b> <b>Bananas</b> p.m. Ritz Crackers &amp; Fruit</p>	<p>12</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Macaroni &amp; Cheese</b> <b>Buttered Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Roasted Cauliflower</b> <b>Apple Sauce</b> p.m. English Muffin &amp; Bananas Slices</p>
<p>15</p> <p>a.m. Biscuits &amp; Fruit <b>Chicken Fajitas w/ Cheese (VA:Southwest Rice &amp; Black Beans)</b> <b>Warm Wheat Tortillas</b> <b>Fresh Green Beans</b> <b>Pears</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>16</p> <p>a.m. Blueberry Muffins <b>Turkey &amp; Cheese Wraps (VA: Cheese)</b> <b>Warm Wheat Tortillas</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Fresh Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>17</p> <p>a.m. Fruit and Yogurt Parfait <b>Chicken Tetrazzini (VA:Mediterranean Couscous)</b> <b>Buttered Whole Wheat Bread</b> <b>Snap Peas</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>18</p> <p>a.m. Smashed Avocado &amp; Wheat Toast <b>Chicken Stir Fry w/ Lo Mein (VA:Asian Vegetable &amp; Edamame Medley)</b> <b>Brown Rice</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b> p.m. Apples &amp; Chex Cereal</p>	<p>19</p> <p>a.m. Bagel w/ Melted Cheese <b>Cheese Ravioli</b> <b>Whole Wheat Garlic Bread</b> <b>Vegetable Medley</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p>22</p> <p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Sesame Chicken Slaw Wraps (VA: Edamame)</b> <b>Warm Wheat Tortillas</b> <b>Diced Carrots</b> <b>Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>23</p> <p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Beef Tacos (VA: Refried Bean)</b> <b>Warm Wheat Tortillas</b> <b>Fresh Sweet Peas</b> <b>Pears</b> p.m. Ritz Crackers &amp; Cucumbers w/ranch dip</p>	<p>24</p> <p>a.m. Fruit and Yogurt Parfait <b>Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Apple Slices</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>25</p> <p>a.m. Banana Muffins <b>Cheesy Ranch Chicken (VA: Creamy Risotto)</b> <b>Spanish Rice</b> <b>Roasted Sweet Potatoes</b> <b>Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>26</p> <p>a.m. English Muffins &amp; Cheese <b>Manicotti w/ Marinara</b> <b>Buttered Whole Wheat Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Bananas</b> p.m. Apples &amp; Cheese Slices</p>
<p>29</p> <p>a.m. Sausage Biscuit <b>Chicken Veggie Salad Wraps (VA: Hummus)</b> <b>Warm Wheat Tortillas</b> <b>Corn Kernels</b> <b>Peaches</b> p.m. Ritz Crackers &amp; Fruit</p>	<p>30</p> <p>a.m. English Muffin w/ Melted Cheese <b>Cheese Ravioli</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>			



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!**