

HEALTHY NUTRITION

June
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. Sausage Biscuit Chicken Cacciatore (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Snap Peas Peaches p.m. Ritz Crackers & Fruit</p>	<p>2</p> <p>a.m. English Muffin w/ Melted Cheese Turkey & Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>3</p> <p>a.m. Yogurt & Granola Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p>	<p>4</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pears p.m. Wheat Pretzels & Orange Slices</p>	<p>5</p> <p>a.m. Chex Cereal & Berries Veggie Stir fry Toasted Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>8</p> <p>a.m. Whole Grain Waffles & Berries Chicken Pot Pie (VA: Green Peas) Buttered Whole Wheat Bread Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>9</p> <p>a.m. Wheat Cheese Toast Turkey Tetrazzini Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>10</p> <p>a.m. Apple & Yogurt Chicken Fajitas with Cheese (VA: Refried Beans) Wheat Tortillas Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>11</p> <p>a.m. Bagel w/ Cream Cheese & Berries Beef Stroganoff (VA: Chickpeas) Buttered Wheat Bread Roasted Asparagus Bananas p.m. Ritz Crackers & Fruit</p>	<p>12</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>15</p> <p>a.m. Biscuits & Fruit Lite Chicken Divan (VA: Green Peas) Whole Wheat Bread Fresh Green Beans Pears p.m. Wheat thin crackers w/ cheese & Pepperoni</p>	<p>16</p> <p>a.m. Blueberry Muffins Ground Turkey & Cheese (VA: Cheese) Flatbread Pizza Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas</p>	<p>17</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>18</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>19</p> <p>a.m. Bagel w/ Melted Cheese Whole Wheat Pasta Alfredo Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>22</p> <p>a.m. Whole Grain Pancakes & Banana Slices Fiesta Chicken & Bean Casserole (VA: Pinto Beans) Warm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>23</p> <p>a.m. Wheat Cinnamon Toast & Fruit Tuna Noodle Casserole (VA: Green Peas) Buttered Whole Wheat Bread Fresh Sweet Peas Fresh Pears p.m. Ritz Crackers & Cucumbers w/ranch dip</p>	<p>24</p> <p>a.m. Yogurt w/ Fresh Berries Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Whole Wheat Garlic Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>25</p> <p>a.m. Banana Muffins Chicken Veggie Salad Wraps (VA: Chickpeas) Warm Wheat Tortillas Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>26</p> <p>a.m. English Muffins & Cheese Veggie Stir fry Brown Rice Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices</p>
<p>29</p> <p>a.m. Sausage Biscuit Chicken, Spinach and Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Ritz Crackers & Fruit</p>	<p>30</p> <p>a.m. English Muffin w/ Melted Cheese Ground Turkey Lasagna Bake (VA: Tofu) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>			