



# HEALTHY NUTRITION • MUELLER | HYDE PARK

## July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>a.m. Yogurt &amp; Granola <sup>1</sup>  <b>Cod Filet Tacos</b>                      (VA: Plant Based Breaded Tender)  <b>Warm Wheat Tortillas</b>  <b>Fresh Edamame</b>  <b>Orange Slices</b>                      p.m. Cheese &amp; Tomato Quesadilla</p>	<p>a.m. Warm Cinnamon Apples &amp; Wheat Toast <sup>2</sup>  <b>Chicken &amp; Broccoli Rice Casserole</b>                      (VA: Three Rice Blend)  <b>Buttered Whole Wheat Bread</b>  <b>California Salad w/ Tomato &amp; Avocado</b>  <b>Fresh Pears</b>                      p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>                      Stepping Stone School closed in observation of July 4th! <sup>3</sup></p>
<p>a.m. Blueberry Muffins <sup>6</sup>  <b>Sweet &amp; Sour Chicken w/ Veggies</b> (VA: Mediterranean Couscous)  <b>Brown Rice</b>  <b>Fresh Green Beans</b>  <b>Pears</b>                      p.m. Ritz Crackers                      Cucumbers w/ranch dip</p>	<p>a.m. Fruit and Yogurt Parfait <sup>7</sup>  <b>Beef Lasagna</b>                      (VA: Vegetarian Lasagna)  <b>Whole Wheat Garlic Bread</b>  <b>Roasted Asparagus</b>  <b>Fresh Apple Slices</b>                      p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Smashed Avocado &amp; Wheat Toast <sup>8</sup>  <b>Grilled Chicken &amp; Cheese</b>  <b>Pita Sandwiches</b>                      (VA: Cheese Pita)  <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b>  <b>Mandarin Oranges</b>                      p.m. Apples &amp; Ritz Crackers</p>	<p>a.m. Bagel w/ Melted Cheese <sup>9</sup>  <b>Chicken Spaghetti</b>                      (VA: Macaroni &amp; Cheese with Diced Tomatoes)  <b>Whole Wheat Garlic Bread</b>  <b>Roasted Zucchini &amp; Squash</b>  <b>Bananas</b>                      p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>a.m. Biscuits &amp; Fruit <sup>10</sup>  <b>Cheese Tortellini w/ Marinara</b>  <b>Buttered Whole Wheat Bread</b>  <b>Vegetable Medley</b>  <b>Fresh Apple Sauce</b>                      p.m. Wheat Thin Crackers w/ Cheese Slices</p>
<p>a.m. Whole Grain Waffles &amp; Berries <sup>13</sup>  <b>Chicken &amp; Cheese Pasta w/ Veggies</b> (VA: Vegetable Pasta w/ Cheddar Sauce)  <b>Buttered Whole Wheat Bread</b>  <b>Roasted Asparagus</b>  <b>Pears</b>                      p.m. Cheddar Rice Cakesp.m. &amp; Carrot w/ranch dip</p>	<p>a.m. Wheat Cheese Toast <sup>14</sup>  <b>Italian Turkey Meatball Bits w/ Marinara</b>                      (VA: Beyond Beef Balls)  <b>Toasted Whole Wheat Garlic Bread</b>  <b>Coleslaw &amp; Pinto Beans</b>  <b>Apple Slices</b>                      Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>a.m. Fruit and Yogurt Parfait <sup>15</sup>  <b>Garlic Chicken &amp; Veggie Pasta</b> (VA: Vegetable Pasta w/ Cheddar Sauce)  <b>Buttered 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>a.m. Bagel w/ Cream Cheese &amp; Berries <sup>16</sup>  <b>Whole Wheat Pasta Alfredo &amp; Chicken</b>                      (VA: Vegetable Pasta Alfredo)  <b>Toasted Whole Wheat Garlic Bread</b>  <b>Fresh Green Beans</b>  <b>Bananas</b>                      p.m. Ritz Crackers &amp; Fruit</p>	<p>a.m. Peaches &amp; Cottage Cheese <sup>17</sup>  <b>Cheese Ravioli</b>  <b>Whole Wheat Garlic Bread</b>  <b>Vegetable Medley</b>  <b>Fresh Apple Sauce</b>                      p.m. English Muffin &amp; Bananas Slices</p>
<p>a.m. Biscuits &amp; Fruit <sup>20</sup>  <b>Chicken &amp; Cheese Enchiladas Bake</b>                      (VA: Cheese Enchiladas)  <b>Warm Wheat Tortillas</b>  <b>Fresh Sweet Peas</b>  <b>Pears</b>                      p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>a.m. Blueberry Muffins <sup>21</sup>  <b>Chicken Lo Mein and Veggies</b>                      (VA: Asian Vegetable &amp; Edamame Medley)  <b>Buttered Whole Wheat Bread</b>  <b>Diced Carrots</b>  <b>Orange Slices</b>                      p.m. English Muffin Pizzas</p>	<p>a.m. Fruit and Yogurt Parfait <sup>22</sup>  <b>Cod Fish Filet</b>                      (VA: Plant Based Breaded Tender)  <b>Whole Wheat Garlic Bread</b>  <b>Roasted Sweet Potatoes</b>  <b>Fresh Peaches</b>                      p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>a.m. Smashed Avocado &amp; Wheat Toast <sup>23</sup>  <b>Chicken Breast Strips</b>                      (VA: Plant Based Breaded Tender)  <b>Buttered Whole Wheat Bread</b>  <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b>  <b>Fresh Melon</b>                      p.m. Apples &amp; Chex Cereal</p>	<p>a.m. Bagel w/ Melted Cheese <sup>24</sup>  <b>Manicotti w/ Marinara</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>a.m. Whole Grain Pancakes <sup>27</sup>  <b>Banana Slices</b>  <b>Chicken Pot Pie</b>                      (VA: Creamy Risotto)  <b>Whole Wheat Garlic Bread</b>  <b>Roasted Cauliflower</b>  <b>Fresh Apple Sauce</b>                      p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Wheat Cinnamon Toast <sup>28</sup>                      &amp; Fruit  <b>Macaroni &amp; Cheese w/Tomatoes</b>  <b>Whole Wheat Garlic Bread</b>  <b>Fresh Chopped Broccoli</b>  <b>Pears</b>                      p.m. Ritz Crackers &amp; Cucumbers w/ranch dip</p>	<p>a.m. Yogurt w/ Fresh Berries <sup>29</sup>  <b>Beef &amp; Bean Burritos</b>                      (VA: Refried 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>a.m. Banana Muffins <sup>30</sup>  <b>Grilled Chicken &amp; Veggie Pasta</b>                      (VA: Vegetable Pasta w/ Cheddar Sauce)  <b>Whole Wheat Garlic Bread</b>  <b>Roasted Zucchini &amp; Squash</b>  <b>Mandarin Oranges</b>                      p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>a.m. English Muffins &amp; Cheese <sup>31</sup>  <b>Bean &amp; Cheese Burritos</b>  <b>Warm Wheat Tortillas</b>  <b>Chopped Broccoli &amp; Fresh Cauliflower</b>  <b>Bananas</b>                      p.m. Apples &amp; 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!*