



HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
				
		<p>1</p> <p>a.m. Yogurt & Granola Sliced Potato and Ham Casserole (VA: Tofu) Whole Wheat Garlic Bread Fresh Edamame Orange Slices</p> <p>p.m. Cheese & Tomato Quesadilla</p>	<p>2</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast Flame Broiled burgers w/ Cheese (VA: Beyond Beef) on Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pears</p> <p>p.m. Wheat Pretzels & Orange Slices</p>	<p>3</p> <p style="text-align: center;">  Stepping Stone School closed in observation of July 4th! </p>
<p>6</p> <p>a.m. Whole Grain Waffles & Berries Chicken Noodle Soup (VA: Chickpeas) Whole Wheat Garlic Bread Fresh Green Beans Pears</p> <p>p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>7</p> <p>a.m. Wheat Cheese Toast Shepherd's Pie (VA: Green Peas) Buttered Whole Wheat Bread Roasted Asparagus Fresh Apple Slices</p> <p>p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>8</p> <p>a.m. Apple & Yogurt Parmesan Chicken with Whole Wheat Pasta (VA: Breaded Tofu) Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Fresh Mandarin Oranges</p> <p>p.m. Pita Bread & Hummus</p>	<p>9</p> <p>a.m. Bagel w/ Cream Cheese & Berries Beef & Bean Chili (VA: Pinto Beans) Cornbread Roasted Zucchini & Squash Fresh Bananas</p> <p>p.m. Ritz Crackers & Fruit</p>	<p>10</p> <p>a.m. Smashed Avocado & Wheat Toast Green Chile Chicken & Bean Casserole (VA: Black Beans) Warm Wheat Tortillas Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon</p> <p>p.m. Apples & Chex Cereal</p>
<p>13</p> <p>a.m. Biscuits & Fruit Cheesy Chicken & Spinach Casserole (VA: Chickpeas) Spanish Rice Fresh Diced Carrots Fresh Pears</p> <p>p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>14</p> <p>a.m. Blueberry Muffins Ham, Potato & Veggie Bake (VA: Green Peas) Whole Wheat Garlic Bread Fresh Sweet Peas Orange Slices</p> <p>p.m. English Muffin Pizzas</p>	<p>15</p> <p>a.m. Peaches & Cottage Cheese Whole Wheat Pasta Alfredo Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce</p> <p>p.m. English Muffin & Bananas Slices</p>	<p>16</p> <p>a.m. Fruit and Yogurt Parfait Whole Wheat Pasta Alfredo w/ Chicken (VA: Tofu) Whole Wheat Garlic Bread Pea & Carrot Medley Fresh Peaches</p> <p>p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>17</p> <p>a.m. Bagel w/ Melted Cheese Lemon & Broccoli Whole Wheat Pasta On Whole Wheat Bread Coleslaw & Pinto Beans Fruit Medley</p> <p>p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>20</p> <p>a.m. Whole Grain Pancakes & Banana Slices Baked Chicken and Stuffing (VA: Tofu) Buttered Whole Wheat Bread Roasted Sweet Potatoes Fresh Apple Sauce</p> <p>p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>21</p> <p>a.m. Wheat Cinnamon Toast & Fruit Ground Turkey Goulash (VA: Chickpeas) Buttered Whole Wheat Bread Chopped Broccoli Fresh Pears</p> <p>p.m. Ritz Crackers & Cucumbers w/ranch dip</p>	<p>22</p> <p>a.m. Yogurt w/ Fresh Berries Tuna Salad Sandwich (VA: SunButter Sandwich) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices</p> <p>p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>23</p> <p>a.m. Banana Muffins Beef, Bean & Cheese Tacos (VA: Bean) Warm Wheat Tortillas Roasted Cauliflower Mandarin Oranges</p> <p>p.m. Turkey & Cheese Pita Sandwich</p>	<p>24</p> <p>a.m. English Muffins & Cheese Pinto Bean Chili Cornbread Chopped Broccoli & Cauliflower Bananas</p> <p>p.m. Apples & Cheese Slices</p>
<p>27</p> <p>a.m. Sausage Biscuit Chicken & Bean Chili (VA: Pinto Beans) Cornbread Fresh Corn Kernels Fresh Peaches</p> <p>p.m. Ritz Crackers & Fruit</p>	<p>28</p> <p>a.m. English Muffin w/ Melted Cheese Teriyaki Chicken (VA: Edamame) Brown Rice Fresh Snap Peas Fresh Melon</p> <p>p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>29</p> <p>a.m. Yogurt & Granola Grilled Chicken & Cheese (VA: Side of Pinto Beans) Pita Sandwich Fresh Edamame Orange Slices</p> <p>p.m. Cheese & Tomato Quesadilla</p>	<p>30</p> <p>a.m. Warm Cinnamon Apples & Wheat Toast Beef and Fresh Tomato Rice Bake (VA: Black Beans) Wheat Tortillas California Salad w/ Tomato & Fresh Avocado Pears</p> <p>p.m. Wheat Pretzels & Orange Slices</p>	<p>31</p> <p>a.m. Chex Cereal & Berries Whole Wheat Pasta w/ Marinara Sauce Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley</p> <p>p.m. Multi Seed Crackers w/ Apple Slice</p>

July
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!