

HEALTHY NUTRITION • MUELLER | HYDE PARK

Monday	Tuesday	Wednesday	Thursday	Friday
3 a.m. Chex Cereal & Berries Vegetarian Spinach Lasagna Whole Wheat Garlic Bread Corn & Diced Tomatoes Fresh Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice	4 a.m. English Muffin w/ Melted Cheese Meatloaf (VA: Beyond Beef) Buttered Whole Wheat Bread Fresh Corn Kernels Fresh Melon o.m. Wheat Thin Crackers w/ Cheese Slices	5 a.m. Yogurt & Granola Tortilla Beef Bake (VA: Cheese & Marinara Quesadilla) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	6 a.m. Warm Cinnamon Apples & Wheat Toast Chicken and Dumplings (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Fresh Pears p.m. Wheat Pretzels & Orange Slices	7 a.m. Sausage Biscuit Chicken, Spinach & Cheese Enchiladas (VA:Cheese Enchiladas) Spanish Rice Snap Peas Fresh Peaches p.m. Ritz Crackers & Fruit
10 a.m. Peaches & Cottage Cheese Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices	11 a.m. Wheat Cheese Toast Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	12 a.m. Whole Grain Waffles & Berries Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip (-18m Puffs & Cooked Carrots)	13 a.m. Bagel w/ Cream Cheese & Berries Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Ritz Crackers & Fruit	14 a.m. Apples and Yogurt Turkey & Cheese Bagel Sandwiches (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus
17 a.m. Bagel w/ Melted Cheese Cheese Ravioli Taosted Whole Wheat Garlic Bread Chopped Broccoli Fresh Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon	18 a.m. Biscuits & Fruit Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans) Wheat Tortillas Roasted Green Beans Pears p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	19 a.m. Fruit and Yogurt Parfait Chicken Tetrazzini (VA:Mediterranean Cous-cous) Buttered Whole Wheat Bread Snap Peas Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	20 a.m. Smashed Avocado & Wheat Toast Chicken Stir Fry w/ Lo Mein (VA:Asian Vegetable & Edamame Medley) Brown Rice Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Chex Cereal	21 a.m. Blueberry Muffins Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas
24 a.m. English Muffins & Cheese Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices	25 a.m. Wheat Cinnamon Toast & Fruit Beef Tacos (VA: Refried Bean) Wheat Tortillas Sweet Peas Fresh Pears p.m. Ritz Crackers & Cucumbers w/ranch dip	26 a.m. Whole Grain Pancakes & Banana Slices Asian Chicken Slaw Wraps (VA: Edamame) Watm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	27 a.m. Banana Muffins Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	28 a.m. Yogurt w/ Fresh Berries Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread Greek Salad w/Tomato & Feta Cheese Apple Slices p.m. Cheddar Rice Cakes & Orange Slices
31 a.m. Chex Cereal & Berries Bean & Cheese Burritos Warm Wheat Tortillas Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice				

August
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!