

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Peaches & Cottage Cheese ³ Lemon & Broccoli Whole Wheat Pasta Toasted Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce p.m. English Muffin & Bananas Slices	a.m. Wheat Cheese Toast ⁴ Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apples and Yogurt ⁵ Chicken Noodle Casserole (VA: Green Peas) Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Fresh Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Whole Grain Waffles & Berries ⁶ Chicken, Brown Rice & Cheese Casserole (VA: Green Peas) Warm Wheat Tortillas Roasted Asparagus Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Bagel w/ Cream Cheese & Berries ⁷ Ground Beef Soft Tacos (VA: Refried Beans) Wheat Tortillas Fresh Green Beans Bananas p.m. Ritz Crackers & Fruit
a.m. Bagel w/ Melted Cheese ¹⁰ Cheesy Whole Wheat Pasta & Broccoli Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon	a.m. Blueberry Muffins ¹¹ Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Sweet Potatoes Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait ¹² Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu) Buttered Whole Wheat Bread Diced Carrots Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Biscuits & Fruit ¹³ Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Buttered Whole Wheat Bread Sweet Peas Fresh Pears p.m. Wheat Thin Crackers w/ Cheese & Pepperoni	a.m. Smashed Avocado & Wheat Toast ¹⁴ Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Whole Wheat Garlic Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Chex Cereal
a.m. English Muffins & Cheese ¹⁷ Lemon & Broccoli Whole Wheat Pasta Warm Wheat Tortillas Roasted Zucchini & Squash Bananas p.m. Apples & Cheese Slices	a.m. Whole Grain Pancakes & Banana Slices ¹⁸ Chicken Black Bean & Cheese Enchiladas (VA: Black Beans) Wheat Tortillas Roasted Cauliflower Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	a.m. Yogurt w/ Fresh Berries ¹⁹ Chicken & Black Bean Taco Casserole (VA: Black Beans) Warm Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins ²⁰ Meatloaf & Mashed Potatoes (VA: Beyond Beef) Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. Wheat Cinnamon Toast & Fruit ²¹ Whole Wheat Pasta w/ Ground Turkey & Marinara (VA: Chickpeas) Toasted Whole Wheat Garlic Bread Chopped Broccoli Pears p.m. Ritz Crackers & Cucumbers w/ranch dip
a.m. Sausage Biscuit ²⁴ Cheesy Whole Wheat Pasta & Broccoli Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice	a.m. Chex Cereal & Berries ²⁵ Chicken Cacciatore (VA: Tofu) Whole Wheat Garlic Bread Snap Peas Fresh Peaches p.m. Ritz Crackers & Fruit	a.m. Yogurt & Granola ²⁶ Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast ²⁷ Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pears p.m. Wheat Pretzels & Orange Slices	a.m. English Muffin w/ Melted Cheese ²⁸ Turkey & Cheese Toasted Bagel Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices
a.m. Peaches & Cottage Cheese ³¹ Vegetarian Spinach Lasagna Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices				

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!