

HEALTHY NUTRITION • MUELLER | HYDE PARK

September 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
	1 a.m. Biscuit w/ Melted Cheese Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Corn Kernels Fresh Peaches p.m. Ritz Crackers & Fruit	2 a.m. Yogurt & Granola Cod Filet Tacos (VA: Plant Based Breaded Tender) Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	3 a.m. Warm Cinnamon Apples & Wheat Toast Chicken & Broccoli Rice Casserole (VA: Three Rice Blend) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pears p.m. Wheat Pretzels & Orange Slices	4 a.m. English Muffin w/ Melted Cheese Cheese Ravioli Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices
7 	8 a.m. Fruit and Yogurt Parfait Beef Lasagna (VA: Vegetarian Lasagna) Toasted Whole Wheat Garlic Bread Roasted Asparagus Apple Slices p.m. Wheat Pretzels w/ Cheese Slices	9 a.m. Blueberry Muffins Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous) Brown Rice Fresh Green Beans Pears p.m. Ritz Crackers & Cucumbers w/ranch dip	10 a.m. Bagel w/ Melted Cheese Chicken Spaghetti (VA: Macaroni & Cheese with Diced Tomatoes) Whole Wheat Garlic Bread Roasted Zucchini & Squash Bananas p.m. Cheddar Rice Cakes & Orange Slices	11 a.m. Smashed Avocado & Wheat Toast Grilled Chicken & Cheese Pita Sandwiches (VA: Cheese Pita) Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Apples & Ritz
14 a.m. Peaches & Cottage Cheese Vegetarian Spinach Lasagna Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce p.m. English Muffin & Bananas Slices	15 a.m. Wheat Cheese Toast Italian Turkey Meatball Bits w/ Marinara (VA: Beyond Beef Balls) Whole Wheat Garlic Bread Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	16 a.m. Apples and Yogert Garlic Chicken & Veggie Pasta (VA: Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	17 a.m. Whole Grain Waffles & Berries Chicken & Cheese Pasta w/ Veggies (VA: Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread Roasted Asparagus Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	18 a.m. Bagel w/ Cream Cheese & Berries Whole Wheat Pasta Alfredo & Chicken (VA: Vegetable Pasta Alfredo) Toasted Whole Wheat Garlic Bread Fresh Green Beans Bananas p.m. Ritz Crackers & Fruit
21 a.m. Bagel w/ Melted Cheese Macaroni & Cheese Buttered Whole Wheat Bread Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon	22 a.m. Blueberry Muffins Chicken Lo Mein and Veggies (VA: Asian Vegetable & Edamame Medley) Buttered Whole Wheat Bread Diced Carrots Orange Slices p.m. English Muffin Cheese Pizzas	23 a.m. Fruit and Yogurt Parfait Cod Fish Filets (VA: Plant Based Breaded Tender) Whole Wheat Garlic Bread Roasted Sweet Potatoes Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	24 a.m. Biscuits & Fruit Chicken & Cheese Enchiladas Bake (VA: Cheese Enchiladas) Warm Wheat Tortillas Fresh Sweet Peas Pears p.m. Wheat Thin Crackers w/ Cheese	25 a.m. Smashed Avocado & Wheat Toast Chicken Breast Strips (VA: Plant Based Breaded Tender) Buttered Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Chex Cereal
28 a.m. English Muffins & Cheese Cheese Ravioli Toasted Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices	29 a.m. Whole Grain Pancakes & Banana Slices Chicken Pot Pie (VA: Creamy Risotto) Whole Wheat Garlic Bread Roasted Cauliflower Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	30 a.m. Yogurt w/ Fresh Berries Beef & Bean Burritos (VA: Refried Beans) Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices		