

HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
	a.m. Wheat Cheese Toast ¹ Turkey Tetrazzini Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Apples and Yogurt ² Chicken Fajitas with Cheese (VA: Refried Beans) Warm Wheat Tortillas Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel w/ Cream Cheese & Berries ³ Beef Stroganoff (VA: Chickpeas) Toasted Whole Wheat Garlic Bread Roasted Asparagus Bananas p.m. Ritz Crackers & Fruit	a.m. Whole Grain Waffles & Berries ⁴ Chicken Pot Pie (VA: Green Peas) Buttered Whole Wheat Bread Chopped Broccoli Fresh Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip
	a.m. Blueberry Muffins ⁸ Ground Turkey & Cheese (VA: Cheese) Flatbread Pizza Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Cheese Pizzas	a.m. Fruit and Yogurt Parfait ⁹ Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Fresh Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Biscuits & Fruit ¹⁰ Lite Chicken Divan (VA: Green Peas) Toasted Whole Wheat Garlic Bread Fresh Green Beans Pears p.m. Wheat Thin Crackers w/ Cheese	a.m. Smashed Avocado & Wheat Toast ¹¹ Sloppy Joes Sandwiches (VA: Beyond Beef) On Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Chex Cereal
a.m. Peaches & Cottage Cheese ¹⁴ Lemon & Broccoli Whole Wheat Pasta Toasted Whole Wheat Garlic Bread Vegetable Medley Apple Sauce p.m. English Muffin & Bananas Slices	a.m. Wheat Cheese Toast ¹⁵ Cod Filet Tacos (VA: Edamame) Warm Wheat Tortillas Coleslaw & Pinto Beans Fresh Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices	a.m. Yogurt w/ Fresh Berries ¹⁶ Chicken Noodle Casserole (VA: Green Peas) Whole Wheat Garlic Bread Italian Salad w/Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Whole Grain Waffles & Berries ¹⁷ Chicken, Brown Rice & Cheese Casserole (VA: Green Peas) Warm Wheat Tortillas Roasted Asparagus Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip	a.m. Bagel w/ Cream Cheese & Berries ¹⁸ Ground Beef Soft Tacos (VA: Refried Beans) Warm Wheat Tortillas Fresh Green Beans Bananas p.m. Ritz Crackers & Fruit
a.m. Bagel w/ Melted Cheese ²¹ 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 ²² Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Sweet Potatoes Fresh Orange Slices p.m. English Muffin Cheese Pizzas	a.m. Fruit and Yogurt Parfait ²³ Whole Wheat Pasta Salad w/ Ground Turkey, 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 ²⁴ Chicken & Broccoli Whole Wheat Pasta Bake (VA: Tofu) Buttered Whole Wheat Bread Fresh Sweet Peas Pears p.m. Wheat Thin Crackers w/ Cheese	a.m. Smashed Avocado & Wheat Toast ²⁵ 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 ²⁸ Bean and Cheese Tacos Warm Wheat Tortillas Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices	a.m. Wheat Cinnamon Toast ²⁹ 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. Yogurt w/ Fresh Berries ³⁰ 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		

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!