

HEALTHY NUTRITION • MUELLER | HYDE PARK

October 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
			a.m. Banana Muffins ¹ Grilled Chicken & Veggie Pasta (VA:Vegetable Pasta w/ Cheddar Sauce) Whole Wheat Garlic Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. Whole Grain Waffles & Berries ² Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip (-18m Puffs & Cooked Carrots)
a.m. Chex Cereal & Berries ⁵ Vegetarian Spinach Lasagna Whole Wheat Garlic Bread Corn & Peas Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice	a.m. English Muffin w/ Melted Cheese ⁶ Meatloaf (VA: Beyond Beef) Buttered Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola ⁷ Tortilla Beef Bake (VA: Cheese & Marinara Quesadilla) Warm Wheat Tortillas Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Warm Cinnamon Apples & Wheat Toast ⁸ Chicken and Dumplings (VA:Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Avocado Pears p.m. Wheat Pretzels & Orange Slices	a.m. Biscuit w/ Melted Cheese ⁹ Chicken, Spinach & Cheese Enchiladas (VA: Cheese Enchiladas) Spanish Rice Fresh Snap Peas Peaches p.m. Ritz Crackers & Fruit
a.m. Peaches & Cottage Cheese ¹² Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Fresh Apple Sauce p.m. English Muffin & Bananas Slices	a.m. Wheat Cheese Toast ¹³ Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Crackers & Cheese Slices	a.m. Wheat Cheese Toast ¹⁴ Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Crackers & Cheese Slices	a.m. Bagel w/ Cream Cheese ¹⁵ & Berries Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit	a.m. Whole Grain Waffles & Berries ¹⁶ Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip (-18m Puffs & Cooked Carrots)
a.m. Bagel w/ Melted Cheese ¹⁹ Cheese Ravioli Whole Wheat Garlic Bread Chopped Broccoli Fruit Medley p.m. Toasted Veggie Crackers & Melon	a.m. Blueberry Muffins ²⁰ Turkey & Cheese Wraps (VA: Cheese) Warm Wheat Tortillas Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait ²¹ Chicken Tetrazzini (VA:Mediterranean Couscous) Buttered Whole Wheat Bread Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast ²² 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	a.m. Biscuits & Fruit ²³ Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans) Wheat Tortillas Fresh Green Beans Pears p.m. Wheat Thin Crackers w/ Cheese
a.m. English Muffins & Cheese ²⁶ Manicotti w/ Marinara Buttered Whole Wheat Bread Pea & Carrot Medley Bananas p.m. Apples & Cheese Slices	a.m. Wheat Cinnamon Toast & Fruit ²⁷ Beef Tacos (VA: Refried Bean) Wheat Tortillas Fresh Sweet Peas Pears p.m. Ritz Crackers & Cucumbers w/ranch dip	a.m. Pumpkin & Spiced Oatmeal ²⁸ 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	a.m. Banana Muffins ²⁹ Cheesy Ranch Chicken (VA: Creamy Risotto) Spanish Rice Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. Whole Grain Pancakes & Banana Slices ³⁰ Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices