

HEALTHY NUTRITION

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. Warm Cinnamon Apples 1 & Wheat Toast Cheesy Potato Beef Bake (VA: Pinto Beans) Buttered Whole Wheat Bread California Salad w/ Tomato & Fresh Avocado Pears p.m. Wheat Pretzels & Orange Slices	a.m. Banana Muffins 2 Meatloaf & Mashed Potatoes (VA: Beyond Beef) Buttered Whole Wheat Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich
a.m. Chex Cereal & Berries 5 Veggie Stir fry with edamame Toasted Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ p.m. Apple Slice	a.m. English Muffin w/ Melted Cheese 6 Turkey & Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread Fresh Corn Kernels Fresh Melon Wheat Thin Crackers w/ Cheese Slices	a.m. Yogurt & Granola 7 Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu) Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla	a.m. Whole Grain Pancakes & Banana Slices 8 Chicken Black Bean & Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Roasted Cauliflower Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices	a.m. Biscuit w/ Melted Cheese 9 Chicken Cacciatore (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Snap Peas Peaches p.m. Ritz Crackers & Fruit
a.m. Peaches & Cottage Cheese 12 Vegetarian Spinach Lasagna Toasted Whole Wheat Garlic Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin & Bananas Slices	a.m. Wheat Cheese Toast 13 Turkey Tetrazzini Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Crackers & Cheese Slices	a.m. Stewed Apples & Spiced Oatmeal 14 Chicken Fajitas with Cheese (VA: Refried Beans) Wheat Tortillas Italian Salad w/ Tomato & Cucumber Mandarin Oranges p.m. Pita Bread & Hummus	a.m. Bagel w/ Cream Cheese & Berries 15 Beef Stroganoff (VA: Chickpeas) Whole Wheat Garlic Bread Roasted Asparagus Bananas p.m. Ritz Crackers & Fruit	a.m. Whole Grain Waffles & Berries 16 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. Bagel w/ Melted Cheese 19 Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Crackers & Melon	a.m. Blueberry Muffins 20 Ground Turkey & Cheese (VA: Cheese) Flatbread Pizza Coleslaw & Pinto Beans Orange Slices p.m. English Muffin Pizzas	a.m. Fruit and Yogurt Parfait 21 Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Snap Peas Peaches p.m. Multi Seed Crackers w/ Smashed Avocado	a.m. Smashed Avocado & Wheat Toast 22 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. Biscuits & Fruit 23 Lite Chicken Divan (VA: Green Peas) Whole Wheat Garlic Bread Fresh Green Beans Pears p.m. Wheat Thin Crackers w/ Cheese
a.m. English Muffins & Cheese 26 Veggie Stir fry w/ Edamame Brown Rice Pea & Carrot Medley Fresh Bananas p.m. Apples & Cheese Slices	a.m. Wheat Cinnamon Toast & Fruit 27 Tuna Noodle Casserole (VA: Green Peas) Buttered Whole Wheat Bread Sweet Peas Pears p.m. Ritz Crackers & Cucumbers w/ ranch dip	a.m. Pumpkin & Spiced Oatmeal 28 Cheese Ravioli with Beef Marinara (VA: Marinara Sauce) Whole Wheat Garlic Bread Greek Salad w/ Tomato & Feta Cheese Fresh Apple Slices p.m. Cheddar Rice Cakes & Orange Slices	a.m. Banana Muffins 29 Chicken Veggie Salad Wraps (VA: Chickpeas) Warm Wheat Tortillas Roasted Sweet Potatoes Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich	a.m. Whole Grain Pancakes & Banana Slices 30 Fiesta Chicken & Bean Casserole (VA: Pinto Beans) Warm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices