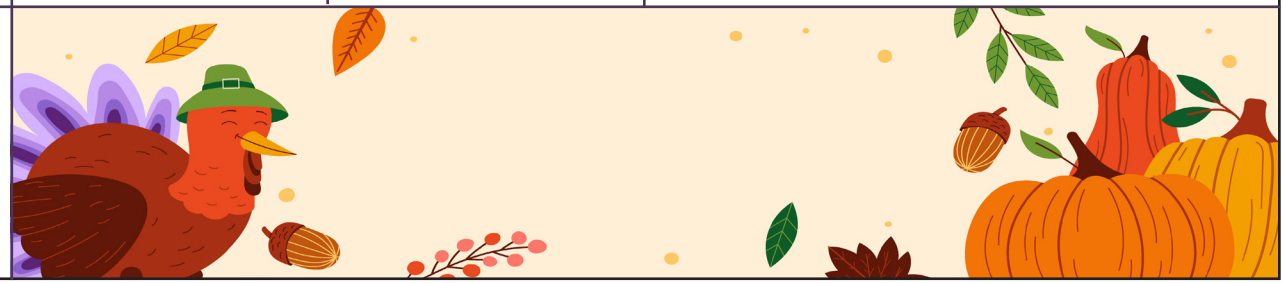
HEALTHY NUTRITION • MUELLER | HYDE PARK

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 a.m. Chex Cereal & Berries **Bean & Cheese Burritos** **Wheat Tortillas** **Corn & Diced Tomatoes** **Fruit Medley** p.m. Multi Seed Crackers w/ Apple Slice	3 a.m. English Muffin w/ Melted Cheese **Cheese Ravioli** **Toassted Whole Wheat Garlic Bread** **Roaste Zucchini & Squash** **Fresh Melon** p.m. Wheat Thin Crackers w/ Cheese Slices	4 a.m. Yogurt & Granola **Cod Filet Tacos** **(VA:Plant Based Breaded Tender)** **Wheat Tortillas** **Fresh Edamame** **Orange Slices** p.m. Cheese & Tomato Quesadilla	5 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	6 a.m. Biscuit w/ Melted Cheese **Chicken Veggie Salad Wraps** **(VA: Hummus)** **Wheat Tortillas** **Fresh Corn Kernels** **Peaches** p.m. Ritz Crackers & Fruit
9 a.m. Biscuits & Fruit **Cheese Tortellini w/ Marinara** **Buttered Whole Wheat Bread** **Chopped Broccoli** **Apple Sauce** p.m. Wheat Thin Crackers w/ Cheese Slices	10 a.m. Fruit and Yogurt Parfait **Beef Lasagna** **(VA: Vegetarian Lasagna)** **Toasted Whole Whea** **Garlic Bread** **Roasted Asparagus** **Apple Slices** p.m. Wheat Pretzels w/ Cheese Slices	11 a.m. Smashed Avocado & Wheat Toast **Grilled Chicken & Cheese Pita Sandwiches (VA: Cheese Pita)** **Italian Salad w/Tomato & Cucumber** p.m. Mandarin Oranges Apples & Ritz	12 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	13 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
16 a.m. Peaches & Cottage Cheese **Broccoli Cheese Soup** **Toasted Whole Wheat Garlic Bread** **Peas** **Fresh Apple Sauce** p.m. English Muffin & Bananas Slices	17 a.m. Wheat Cheese Toast **Italian Turkey Meatball Bits w/ Marinara** **(VA: Beyond Beef Balls)** **Whole Wheat Garlic Bread** **Coleslaw & Pinto Beans** **Apple Slices** p.m. Toasted Veggie Crackers & Cheese Slices	18 a.m. Stewed Apples & Spiced Oatmeal **Raosted Turkey** **Buttered Whole Wheat Bread** **Mashed Potatoes and Green Beans** **Pears** p.m. Pita Bread & Hummus	19 a.m. Bagel w/ Cream Cheese & Berries **Whole Wheat Pasta Alfredo & Chicken** **(VA: Vegetable Pasta Alfredo)** **Whole Wheat Garlic Bread** **Green Beans** **Bananas** p.m. Ritz Crackers & Fruit	20 a.m. Whole Grain Waffles & Berries **Chicken & Cheese Pasta w/ Veggies (VA:Vegetable Pasta w/ Cheddar Sauce)** **Buttered Whole Wheat Bread** **Fresh Asparagus** **Pears** p.m. Cheddar Rice Cakes & Carrot w/ranch dip
23 a.m. Bagel w/ Melted Cheese **Tomato Soup** **Whole Wheat Grilled Cheese Sandwiches** **Pea & Carrot Medley** **Chopped Broccoli** p.m. Toasted Veggie Crackers & Melon	24 a.m. Blueberry Muffins **Garlic Chicken & Veggie Pasta** **(VA: Vegetable Pasta w/ Cheddar Sauce)** **Buttered Whole Wheat Bread** **Italian Salad w/Tomato & Cucumber** **Mandarin Oranges** p.m. Peaches & Cottage Cheese	25 a.m. Fruit and Yogurt Parfait **Cod Fish Filets (VA: Plant Based Breaded Tender)** **Toasted Whole Wheat Garlic Bread** **Roasted Sweet Potatoes** **Peaches** p.m. Multi Seed Crackers w/ Smashed Avocado		
30 a.m. English Muffins & Cheese **Vegetable Soup** **Toasted Pita Bread** **Chopped Broccoli & Cauliflower** **Bananas** p.m. Apples & Cheese Slices				

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!

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