



HEALTHY NUTRITION · MUELLER | HYDE PARK

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Bagel & Sun Butter Chicken Breast Strips Whole Wheat Bread Roasted Asparagus Fresh Pineapple p.m. Cheese Itz Crackers & Cucumbers</p>	<p>2</p> <p>a.m. Sausage Biscuit Savory Beef Tacos on Corn Tortillas Roasted Cauliflower Fresh Apple Sauce p.m. Sun butter & Jam Sandwich Squares</p>	<p>3</p> <p>a.m. English Muffins & Bananas Slices Grilled Chicken & Veggie Pasta Toasted Garlic Bread Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>4</p>  <p>Happy Independence Day!!</p>	<p>5</p> <p>a.m. Chex Cereal & Fruit Savory Macaroni & Cheese Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Pretzels & Sun Butter</p>
<p>8</p> <p>a.m. Whole Grain Waffles & Berries Zesty Chicken Stir Fry w/ Lo Mein Whole Wheat Bread Roasted Zucchini & Squash Mandarin Oranges p.m. Animal Crackers & Carrots</p>	<p>9</p> <p>a.m. English Muffins & Sun Butter Hearty Beef Ravioli Whole Wheat Bread Roasted Cauliflower Fresh Peaches p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>10</p> <p>a.m. Yogurt & Granola Hearty Chicken and Dumplings Toasted Garlic Bread Tomato & Cheese Salad w/ Low Fat Ranch Fruit Medley p.m. Pita Bread & Hummus</p>	<p>11</p> <p>a.m. Bananas & Graham Crackers Flame Broiled Burgers Tomato & Cheese Salad w/ Low Fat Italian Roasted Asparagus Crisp Apple Slices p.m. English Muffin & Sun Butter</p>	<p>12</p> <p>a.m. Peaches and Cottage Cheese Bean and Cheese Tacos on Warm Flour Tortillas Vegetable Medley Bananas p.m. Fruit & Crackers</p>
<p>15</p> <p>a.m. Whole Grain Waffles & Berries Cheesy Ranch Chicken Toasted Garlic Bread Fresh Green Beans Fresh Pineapple p.m. Animal Crackers & Carrots</p>	<p>16</p> <p>a.m. English Muffins & Sun Butter Savory Macaroni & Beef w/ Tomatoes Whole Wheat Bread Fresh Broccoli Apple Sauce p.m. Pita Bread & Hummus</p>	<p>17</p> <p>a.m. Cinnamon Toast & Fruit Hearty Chicken & Broccoli Rice Casserole Whole Wheat Bread Tomato & Cheese Salad w/ Low Fat Ranch Pears p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>18</p> <p>a.m. Yogurt & Granola Chicken, Spinach & Cheese Enchiladas on Warm Flour Tortillas Carrots Mandarin Oranges p.m. English Muffin pizza (cheese & pepperoni)</p>	<p>19</p> <p>a.m. Apples & Sun Butter Savory Cheese Ravioli Toasted Pita Bread Vegetable Medley Fresh Melon p.m. Fruit & Crackers</p>
<p>22</p> <p>a.m. Bagel & Cheese Whole Wheat Fettuccine Alfredo Chicken Toasted Garlic Bread Peas Mandarin Oranges p.m. Cheese Itz Crackers & Cucumbers</p>	<p>23</p> <p>a.m. Wheat Cheese Toast Beef & Bean Burritos Warm Flour Tortillas Fresh Carrots Peaches p.m. Sun butter & Jam Sandwich Squares</p>	<p>24</p> <p>a.m. English Muffins & Bananas Slices Garlic Chicken & Veggie Pasta Whole Wheat Bread Fresh Broccoli Fruit Medley p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>25</p> <p>a.m. Yogurt & Granola Grilled Chicken & Cheese Pita Sandwiches Toasted Pita Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian Crisp Apple Slices p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>26</p> <p>a.m. Chex Cereal & Fruit Manicotti w/ Marinara Toasted Garlic Bread Vegetable Medley Bananas p.m. Pretzels & Sun Butter</p>
<p>29</p> <p>a.m. Whole Grain Waffles & Berries Chicken & Cheese Enchiladas Bake Warm Flour Tortillas Fresh Green Beans Pineapple p.m. Animal Crackers & Carrots</p>	<p>30</p> <p>a.m. Peaches and Cottage Cheese Hearty Turkey Meatball Bits w/ Marinara Whole Wheat Bread Fresh Broccoli Fresh Apple Sauce p.m. Pita Bread & Hummus</p>	<p>31</p> <p>a.m. Yogurt & Granola Chicken Veggie Salad Wraps Warm Flour Tortillas Tomato & Cheese Salad w/ Low Fat Ranch Pears p.m. Crackers, Cheese & Pepperoni Slices</p>		



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

All Healthy Menu items are Locally Sourced!
Ask your principal about vegetarian & vegan dietary needs!