

HEALTHY NUTRITION · MUELLER | HYDE PARK

OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>a.m. Sausage Biscuit Comfrotting Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Fresh Apple Sauce p.m. Sun butter Sandwich Squares</p>	<p>2</p> <p>a.m. English Muffins & Bananas Slices Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Fresh Snap Peas Fruit Medley p.m. Smashed Avocado and Multi-Seed Crackers</p>	<p>3</p> <p>a.m. Yogurt & Granola Texas Ranch Chicken (VA: Cheese Quesadilla) Warm Wheat Tortillas Tomato & Cheese Salad w/ Low Fat Italian Fresh Mandarin Oranges p.m. Cheese Slices & Wheat Thin Crackers</p>	<p>4</p> <p>a.m. Chex Cereal & Fruit Cheesy Macaroni & Cheese Buttered Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Whole Grain Pretzels & Sun Butter</p>
<p>7</p> <p>a.m. Whole Grain Waffles & Berries Sizzling Chicken Fajitas with Cheese (VA: Southwest Rice & Black Beans) Warm Flour Tortillas Roasted Zucchini & Squash Mandarin Oranges p.m. Cheddar Rice Cakes & Carrots</p>	<p>8</p> <p>a.m. English Muffins & Sun Butter Turkey & Cheese Wraps (VA: Cheese) Roasted Cauliflower Fresh Peaches p.m. Toasted Veggie Chip Crackers, & Cheese Slices</p>	<p>9</p> <p>a.m. Yogurt & Granola Chicken Tetrazzini (VA: Mediterranean Couscous) Toasted Garlic Bread Fresh Tomato & Feta Greek Salad w/ Low Fat Ranch Fruit Medley p.m. Carrots w/ Ranch Dip and Multi-Seed Crackers</p>	<p>10</p> <p>a.m. Bananas on Toast Chicken Stir Fry w/ Lo Mein (VA: Asian Vegetable & Edamame Medley) Brown Rice Roasted Asparagus Crisp Apple Slices p.m. English Muffin & Sun Butter</p>	<p>11</p> <p>a.m. Peaches and Cottage Cheese Savory Cheese Ravioli Toasted Garlic Bread Vegetable Medley Bananas p.m. Fresh Fruit & Multi-Seed Crackers</p>
<p>14</p> <p>a.m. Whole Grain Waffles & Berries Sesame Chicken Slaw Wraps (VA: Edamame) Fresh Green Beans Fresh Pineapple p.m. Whole Grain Cheese Crackers & Cucumbers</p>	<p>15</p> <p>a.m. English Muffins & Sun Butter Beef Tacos (VA: Refried Bean) Fresh Broccoli Apple Sauce p.m. Toasted Pita Bread & Hummus</p>	<p>16</p> <p>a.m. Cinnamon Toast & Fruit Flame Broiled Burgers (Beyond Beef) Whole Wheat Bread Corn off the Cob Fresh Pears p.m. Smashed Avocado and Multi-Seed Crackers</p>	<p>17</p> <p>a.m. Yogurt & Granola Cheesy Ranch Chicken (VA: Creamy Risotto) Warm Flour Tortillas Fresh Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. Cheese Slices & Wheat Thin Crackers</p>	<p>18</p> <p>a.m. Crisp Apples & Sun Butter Manicotti w/ Marinara Toasted Garlic Bread Vegetable Medley Fresh Melon p.m. Whole Grain Pretzels & Cheese Slices</p>
<p>21</p> <p>a.m. Bagel & Cheese Chicken Veggie Salad Wraps (VA: Hummus) Fresh Peas Mandarin Oranges p.m. Cheddar Rice Cakes & Carrots</p>	<p>22</p> <p>a.m. Wheat Cheese Toast Comforting Beef Ravioli (VA: Cheese Ravioli) Wheat Bread Roasted Carrots Fresh Peaches p.m. Sun butter Sandwich Squares</p>	<p>23</p> <p>a.m. English Muffins & Bananas Slices Cod Filet Tacos (VA: Plant Based Breaded Tender) Tomato & Feta Greek Salad w/ Low Fat Ranch Fruit Medley p.m. Carrots w/ Ranch Dip and Multi-Seed Crackers</p>	<p>24</p> <p>a.m. Yogurt & Granola Chicken & Broccoli Rice Casserole (VA: Three Rice Blend) Pita Bread Corn off the Cob Crisp Apple Slices p.m. English Muffin Cheese Pizza</p>	<p>25</p> <p>a.m. Chex Cereal & Fruit Bean & Cheese Burritos Vegetable Medley Bananas p.m. Fruit & Multi-Seed Crackers</p>
<p>28</p> <p>a.m. Whole Grain Waffles & Berries Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous) Brown Rice Fresh Green Beans Pineapple p.m. Whole Grain Cheese Crackers & Cucumbers</p>	<p>29</p> <p>a.m. Peaches and Cottage Cheese Baked Ziti w/ meat sauce (VA: Marinara Sauce) Whole Wheat Bread Fresh Broccoli Apple Sauce p.m. Toasted Veggie Chip Crackers, & Cheese Slices</p>	<p>30</p> <p>a.m. Yogurt & Granola Grilled Chicken & Cheese Pitas (VA: Cheese Puia) Corn off the Cob Fresh Pears p.m. Smashed Avocado and Multi-Seed Crackers</p>	<p>31</p> <p>a.m. Bananas on Toast Chicken Spaghetti (VA: Macaroni & Cheese with Diced Tomatoes) Toasted Garlic Bread Tomato & Cheese Salad w/ Low Fat Italian Mandarin Oranges p.m. Cheese Slices & Wheat Thin Crackers</p>	



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- 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!