

# HEALTHY NUTRITION

# OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>a.m. Biscuits &amp; Fruit <b>Comforting Turkey Tetrazzini Casserole (VA: Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Fresh Pears</b> p.m. Whole Grain Cheese Crackers &amp; Carrots</p>	<p>2</p> <p>a.m. Wheat Cheese Toast <b>Sizzling Chicken Fajitas with Cheese</b> <b>(VA: Refried Beans)</b> <b>Spanish Rice</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Mandarin Oranges</b> p.m. Sun butter Sandwich Squares</p>	<p>3</p> <p>a.m. Smashed Avocado Wheat Toast <b>Hearty Beef Stroganoff (VA: Chickpeas)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Sweet Potatoes</b> <b>Fruit medley</b> p.m. Carrots w/ Ranch Dip and Multi-Seed Crackers</p>	<p>4</p> <p>a.m. Pancakes w/ Banana Slices <b>Healthy Vegetarian Lasagna</b> <b>Whole Wheat Garlic Bread</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Fresh Melon</b> p.m. Cheese &amp; Tomato Quesadilla</p>
<p>7</p> <p>a.m. Bagels w/ Sun Butter <b>Lite Chicken Divan (VA: Green Peas)</b> <b>Toasted Wheat Bread</b> <b>Fresh Green Beans</b> <b>Fresh Pears</b> p.m. Cheese Slices &amp; Wheat Thin Crackers</p>	<p>8</p> <p>a.m. Sausage Biscuit <b>Turkey Flat Bread pizza (VA: Cheese)</b> <b>Corn off the Cob</b> <b>Fresh Pineapple</b> p.m. Cheddar Rice Cakes &amp; Cucumber Slices</p>	<p>9</p> <p>a.m. Yogurt &amp; Granola <b>Zesty Sesame Chicken Slaw Wraps (VA: Edamame)</b> <b>Fresh Broccoli</b> <b>Mandarin Oranges</b> p.m. Crisp Apple Slices &amp; Cheese</p>	<p>10</p> <p>a.m. Pancakes w/ Banana Slices <b>Flavorful Sloppy Joes sandwiches (VA: Beyond Beef)</b> <b>Roasted Carrots</b> <b>Fresh Peaches</b> p.m. Bananas &amp; Whole Grain Pretzels</p>	<p>11</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Warm Broccoli Cheese Soup</b> <b>Toasted Pita Bread</b> <b>Fresh Peas</b> <b>Crisp Apple Slices</b> p.m. Turkey &amp; Cheese Tortillas</p>
<p>14</p> <p>a.m. Chex Cereal &amp; Berries <b>Fiesta Chicken &amp; Pinto Bean Casserole (VA: Pinto Beans)</b> <b>Roasted Asparagus</b> <b>Fresh Peaches</b> p.m. Whole Grain Cheese Crackers &amp; Fruit</p>	<p>15</p> <p>a.m. Blueberry Muffins <b>Tuna Noodle Casserole (VA: Green Peas)</b> <b>Toasted Wheat Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Crisp Apple Sauce</b> p.m. English Muffin Cheese &amp; Pepperoni Slices</p>	<p>16</p> <p>a.m. Warm Pumpkin Oatmeal <b>Chicken Veggie Salad Wraps (VA: Chickpeas)</b> <b>Coleslaw &amp; Pinto Beans</b> <b>fruit Medley</b> p.m. Fresh Melon &amp; Multi-Seed Crackers</p>	<p>17</p> <p>a.m. English Muffins &amp; Sun Butter <b>Beef Ravioli (VA: Cheese)</b> <b>Toasted Garlic Bread</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Melon</b> p.m. Crisp Apples &amp; Cheese Slices</p>	<p>18</p> <p>a.m. Warm Cinnamon Apples &amp; Toast <b>Zesty Veggie Stir fry Rice</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Fresh Bananas</b> p.m. English Muffins w/ Sun butter &amp; Bananas Slices</p>
<p>21</p> <p>a.m. Bagels w/ Sun Butter <b>Chicken, Spinach and Cheese Enchiladas (VA: Black Beans)</b> <b>Spanish Rice</b> <b>Fresh Snap Peas</b> <b>Fresh Pineapple</b> p.m. Pita Bread &amp; Hummus</p>	<p>22</p> <p>a.m. Sausage Biscuit <b>Bow Tie Lasagna Bake (VA: Tofu)</b> <b>Toasted Wheat Bread</b> <b>Roasted Cauliflower</b> <b>Fresh Peaches</b> p.m. Whole Grain Cheese Crackers &amp; Carrots</p>	<p>23</p> <p>a.m. Wheat Cheese Toast <b>Comforting Sliced Potato and Ham Casserole (VA: Tofu)</b> <b>Toasted Garlic Bread</b> <b>Corn &amp; Fresh Tomato</b> <b>Mandarin Oranges</b> p.m. Apple Slices &amp; Cheddar Rice Cakes</p>	<p>24</p> <p>a.m. Pancakes w/ Banana Slices <b>Flame Broiled burgers w/ cheese on Whole Wheat Bread (VA: Beyond Beef)</b> <b>Greek Tomato &amp; Feta Salad w/ Low Fat Ranch</b> <b>Fresh Melon</b> p.m. Smashed Avocado &amp; Multi-Seed Crackers</p>	<p>25</p> <p>a.m. Peaches &amp; Cottage Cheese <b>Warm Three Bean soup</b> <b>Toasted Pita Bread</b> <b>Vegetable Medley</b> <b>Crisp Apple Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>
<p>28</p> <p>a.m. Chex Cereal &amp; Berries <b>Warm Chicken Noodle Soup (VA: Chickpeas)</b> <b>Toasted Pita Bread</b> <b>Corn off the Cob</b> <b>Fres Apple Sauce</b> p.m. Cheese Slices &amp; Wheat Thin Crackers</p>	<p>29</p> <p>a.m. Blueberry Muffins <b>Comforting Shepard's Pie (VA: Green Peas)</b> <b>Toasted Wheat Bread</b> <b>Diced Carrots</b> <b>Fresh Mandarin Oranges</b> p.m. Cheddar Rice Cakes &amp; Cucumber Slices</p>	<p>30</p> <p>a.m. Yogurt &amp; Berries <b>Parmesan Chicken with pasta (VA: Breaded Tofu)</b> <b>Toates Garlic Bread</b> <b>Fresh Green Beans</b> <b>Pears</b> p.m. Sun butter Sandwich Squares</p>	<p>31</p> <p>a.m. English Muffins &amp; Sun Butter <b>Beef &amp; Bean Chili (VA: Pinto Beans)</b> <b>Corn Bread</b> <b>Fresh Broccoli</b> <b>Fruit medley</b> p.m. Carrots w/ Ranch Dip and Multi-Seed Crackers</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!**