

HEALTHY NUTRITION · MUELLER | HYDE PARK

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
a.m. Bagel & Sun Butter 2 Zesty Teriyaki Chicken (VA: Aisan Vegetable & Edemame Medly) Brown Rice Roasted Asparagus Fresh Pineapple p.m. Cheddar Rice Cakes & Carrots	a.m. Sausage Biscuit 3 Beef Lasagna (VA: Vegetaian Lasagna) Toasted Whole Wheat Garlic Bread Roasted Sweet Potatoes Apple Sauce p.m. Sun butter Sandwich Squares	a.m. English Muffins & Bananas Slices 4 Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Fresh Greek Tomato & Feta Salad w/ Low Fat Ranch Fruit Medley p.m. Fresh Carrots w/ Ranch Dip and Multi-Seed Crackers	a.m. Pumpkin Oatmeal 5 Texas Ranch Chicken (VA: Cheese Quesadilla) Wheat Tortillas Fresh Snap Peas Mandarin Oranges p.m. English Muffin & Sun Butter	a.m. Chex Cereal & Fruit 6 Macaroni & Cheese Buttered Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Fresh Fruit & Multi-Seed Crackers
a.m. Whole Grain Waffles & Berries 9 Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans) Warm Wheat Tortillas Roasted Zucchini & Squash Fresh Mandarin Oranges p.m. Whole Grain Cheese Crackers & Cucumbers	a.m. English Muffins & Sun Butter 10 Turkey & Cheese Wraps (VA: Cheese) Wheat Tortillas Roasted Sweet Potatoes Fresh Peaches p.m. Toasted Veggie Chip Crackers, & Cheese Slices	a.m. Yogurt & Granola 11 Hearty Chicken Tetrazzini (VA:Mediterranean Couscous) Buttered Whole Wheat Bread Greek Tomato & Feta Salad w/ Low Fat Ranch Fruit Medley p.m. Smashed Avocado and Multi-Seed Crackers	a.m. Wheat Toast w/ Smashed Avocado 12 Chikken Stri Fry w/ Lo Mein (VA:Aisan Vegetable & Edemame Medly) Brown Rice Roasted Asparagus Fresh Apple Slices p.m. Cheese Slices & Wheat Thin Crackers	a.m. Peaches and Cottage Cheese 13 Comforting Cheese Ravioli Whole Wheat Garlic Bread Vegetable Medley Bananas p.m. Whole Grain Pretzels & Cheese Slices
a.m. Whole Grain Pancakes & Berries 16 Sesame Chicken Slaw Wraps (VA: Edamame) Wheat Tortillas Fresh Green Beans Fresh Pineapple p.m. Cheddar Rice Cakes & Carrots	a.m. English Muffins & Sun Butter 17 Beef Tacos (VA: Refried Bean) Warm Wheat Tortillas Fresh Broccoli & Cauliflowers Fresh Apple Sauce p.m. Toasted Pita Bread & Hummus	a.m. Cinnamon Toast & Fruit 18 Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread Greek Tomato & Feta Salad w/ Low Fat Ranch Fresh Pears p.m. Carrots w/ Ranch Dip and Multi-Seed Crackers	a.m. Pumpkin Oatmeal 19 Cheesy Ranch Chicken (VA: Creamy Risotto) Fluffy Spanish Rice Fresh Carrots Fresh Mandarin Oranges p.m. English Muffin Cheese Pizza	a.m. Apples & Sun Butter 20 Manicotti w/ Marinara Buttered Whole Wheat Bread Vegetable Medley Fresh Melon p.m. Fruit & Multi-Seed Crackers
a.m. Bagel & Cheese 23 Chicken Veggie Salad Wraps (VA: Hummus) Warm Wheat Tortillas Fresh Peas Mandarin Oranges p.m. Whole Grain Cheese Crackers & Cucumbers	A.m. Wheat Cheese Toast 24 *Stepping Stone School closes at Noon* 	Merry Christmas 25 	a.m. Yogurt & Granola 26 Chicken & Broccoli Rice Cassarole (VA: Three Rice Blend) Buttered Whole Wheat Bread Fresh Tomato & Cheese Salad w/ Low Fat Italian Crisp Apple Slices p.m. Cheese Slices & Wheat Thin Crackers	a.m. Chex Cereal & Fruit 27 Bean & Cheese Burritos Warm Wheat Tortillas Vegetable Medley Bananas p.m. Whole Grain Pretzels & Sun Butter
a.m. Whole Grain Waffles & Berries 30 Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous) Brown Rice Fresh Green Beans Fresh Pineapple p.m. Cheddar Rice Cakes & Carrots	a.m. Peaches and Cottage Cheese 31 Hearty Baked Ziti w/ meat sauce (VA: Marinara Suauce) Whole Wheat Garlic Bread Fresh Broccoli Fresh Apple Sauce p.m. Toasted Veggie Chip Crackers, & Cheese Slices			



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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!