

# HEALTHY NUTRITION

# DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>a.m. Whole Grain Waffles &amp; Berries <sup>2</sup></p> <p><b>Chicken and Broccoli Pasta (VA: Tofu)</b></p> <p><b>Toasted Garlic Bread</b></p> <p><b>Fresh Green Beans</b></p> <p><b>Fresh Apple Sauce</b></p> <p>p.m. Pita Bread &amp; Hummus</p>	<p>a.m. Biscuits &amp; Fruit <sup>3</sup></p> <p><b>Oven Roasted Turkey w/ Stuffing (VA: Beyond Beef)</b></p> <p><b>Roasted Sweet Potatoes</b></p> <p><b>Fresh Melon</b></p> <p>p.m. Whole Grain Cheese Crackers &amp; Carrots</p>	<p>a.m. Pumpkin Oatmeal <sup>4</sup></p> <p><b>Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu)</b></p> <p><b>Toasted Wheat Bread</b></p> <p><b>Fresh Greek Tomato &amp; Feta Salad w/ Low Fat Ranch</b></p> <p><b>Fruit medley</b></p> <p>p.m. Apple Slices &amp; Cheese</p>	<p>a.m. Smashed Avocado Wheat Toast <sup>5</sup></p> <p><b>Comforting Beef Ravioli (VA: Cheese)</b></p> <p><b>Toasted Garlic Bread</b></p> <p><b>Roasted Zucchini &amp; Squash</b></p> <p><b>Fresh Mandarin Oranges</b></p> <p>p.m. Bananas &amp; Whole Grain Pretzels</p>	<p>a.m. Pancakes w/ Banana Slices <sup>6</sup></p> <p><b>Cheesy Pasta w/ Broccoli</b></p> <p><b>Toasted Wheat Bread</b></p> <p><b>Fresh Peas</b></p> <p><b>Fresh Peas</b></p> <p>p.m. Cheese &amp; Tomato Quesadilla</p>
<p>a.m. Bagels w/ Sun Butter <sup>9</sup></p> <p><b>Chicken and Cheese Enchiladas (VA: Pinto Beans)</b></p> <p><b>Fresh Peas</b></p> <p><b>Peaches</b></p> <p>p.m. Cheese Slices &amp; Wheat Thin Crackers</p>	<p>a.m. Sausage Biscuit <sup>10</sup></p> <p><b>Spaghetti w/ Ground Turkey &amp; Marinara (VA: Chickpeas)</b></p> <p><b>Toasted Wheat Bread</b></p> <p><b>Roasted Carrots</b></p> <p><b>Fresh Pineapple</b></p> <p>p.m. Crisp Cheddar Rice Cakes &amp; Cucumber Slices</p>	<p>a.m. Wheat Cheese Toast <sup>11</sup></p> <p><b>Zesty Chicken Taco Casserole (VA: Black Beans)</b></p> <p><b>Corn &amp; Fresh Tomato</b></p> <p><b>Fresh Mandarin Oranges</b></p> <p>p.m. Fresh Melon &amp; Multi-Seed Crackers</p>	<p>a.m. Peaches &amp; Cottage Cheese <sup>12</sup></p> <p><b>Meatloaf &amp; Mashed Potatoes (VA: Beyond Beef)</b></p> <p><b>Fluffy Stuffing</b></p> <p><b>Fresh Tomato &amp; Cheese Salad w/ Low Fat Ranch</b></p> <p><b>Apple Slices</b></p> <p>p.m. Whole grain cheese crackers and fruit</p>	<p>a.m. Whole Grain Pancakes &amp; Fruit <sup>13</sup></p> <p><b>Savory Bean and Cheese Tacos</b></p> <p><b>Vegetable Medley</b></p> <p><b>Bananas</b></p> <p>p.m. Turkey &amp; Cheese Tortillas</p>
<p>a.m. Chex Cereal &amp; Berries <sup>16</sup></p> <p><b>Chicken Cacciatore (VA: Tofu)</b></p> <p><b>Toasted Wheat Bread</b></p> <p><b>Fresh Green Beans</b></p> <p><b>Peaches</b></p> <p>p.m. Whole Grain Cheese Crackers &amp; Fruit</p>	<p>a.m. Blueberry Muffins <sup>17</sup></p> <p><b>Turkey &amp; Cheese Toasted Sandwiches (VA: Cheese Sandwich)</b></p> <p><b>Coleslaw &amp; Pinto Beans</b></p> <p><b>Fresh Apple Sauce</b></p> <p>p.m. English Muffin Cheese &amp; Pepperoni Slices</p>	<p>a.m. Yogurt &amp; Granola <sup>18</sup></p> <p><b>Cod fish filet w/ Spanish rice (VA: Breaded Tofu)</b></p> <p><b>Fresh Broccoli &amp; Cauliflower</b></p> <p><b>Fruit Medley</b></p> <p>p.m. Fresh Apple Slices &amp; Cheddar Rice Cakes</p>	<p>a.m. English Muffins &amp; Sun Butter <sup>19</sup></p> <p><b>Hearty Potato Beef Bake (VA: Pinto Beans)</b></p> <p><b>Toasted Gralic Bread</b></p> <p><b>Diced Carrots</b></p> <p><b>Fresh Mandarin Oranges</b></p> <p>p.m. Smashed Avocado &amp; Multi-Seed Crackers</p>	<p>a.m. Warm Cinnamon <sup>20</sup></p> <p>Apples &amp; Whole Wheat Toast</p> <p><b>Warm Vegetable Soup</b></p> <p><b>Toasted Cheese Sandwich</b></p> <p><b>Roasted Sweet Potatoes</b></p> <p><b>Crisp Apple Slices</b></p> <p>p.m. English Muffins w/ Sun butter &amp; Bananas Slices</p>
<p>a.m. Chex Cereal &amp; Berries <sup>23</sup></p> <p><b>Comforting Chicken Pot Pie (VA: Green Peas)</b></p> <p><b>Fresh Green Beans</b></p> <p><b>Fresh Peaches</b></p> <p>p.m. Cheese Itz Crackers &amp; Fruit</p>	<p>A.m. Muffins &amp; Fruit <sup>24</sup></p> <p><b>*Stepping Stone School closes at Noon*</b></p> 	<p><sup>25</sup></p> 	<p>a.m. Warm Pumpkin Oatmeal <sup>26</sup></p> <p><b>Chicken Fajitas with Cheese (VA: Refried Beans)</b></p> <p><b>Fresh Broccoli</b></p> <p><b>Fruit Medley</b></p> <p>p.m. Sun butter Sandwich Squares</p>	<p>a.m. Warm Cinnamon <sup>27</sup></p> <p><b>Apples &amp; Whole Wheat Toast</b></p> <p><b>Vegetarian Lasagna</b></p> <p><b>Toasted Cheese Sandwich</b></p> <p><b>Fresh Peas</b></p> <p><b>Crisp Apple Slices</b></p> <p>p.m. Cheese &amp; Tomato Quesadilla</p>
<p>a.m. Whole Grain Waffles &amp; Berries <sup>30</sup></p> <p><b>Lite Chicken Divan (VA: Green Peas)</b></p> <p><b>Toasted Garlic Bread</b></p> <p><b>Roasted Asparagus</b></p> <p><b>Fresh Pineapple</b></p> <p>p.m. Pita Bread &amp; Hummus</p>	<p>a.m. Sausage Biscuit <sup>31</sup></p> <p><b>Ground Turkey Flat Bread</b></p> <p><b>Pizza (VA: Cheese)</b></p> <p><b>Roasted Sweet Potatoes</b></p> <p><b>Fresh Peas</b></p> <p>p.m. Cheddar Rice Cakes &amp; Cucumber Slices</p>			



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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!**