

HEALTHY NUTRITION · MUELLER | HYDE PARK

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday		
					<p>a.m. Bagel & Sun Butter ² Whole Wheat Pasta Alfredo & Chicken (VA: Vegetable Pasta Alfredo) Whole Wheat Garlic Bread Fresh Green Beans Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>a.m. Peaches & Cottage Cheese ³ Warm Broccoli Cheese Soup Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices</p>
<p>a.m. Biscuits & Fruit ⁶ Chicken & Cheese Enchiladas Bake (VA: Cheese Enchiladas) Wheat Tortillas Sweet Peas Fresh Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>a.m. Blueberry Muffins ⁷ Beef Lo Mein and Veggies (VA: Asian Vegetable & Edamame Medley) Buttered Whole Wheat Bread Diced Carrots Orange Slices p.m. English Muffin Pizzas</p>	<p>a.m. Fruit and Yogurt Parfait ⁸ Cod Fish Filets (VA: Plant Based Breaded Tender) Whole Wheat Garlic Bread Roasted Sweet Potatoes Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>a.m. Smashed Avocado & Wheat Toast ⁹ Chicken Breast Strips (VA: Plant Based Breaded Tender) Buttered Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Crisp Apple & Sun Butter</p>	<p>a.m. Bagel w/ Melted Cheese ¹⁰ Warm Tomato Soup Whole Wheat Grilled Cheese Sandwiches Pea & Carrot Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>		
<p>a.m. Whole Grain Pancakes & Banana Slices ¹³ Comforting Chicken Pot Pie (VA: Creamy Risotto) Whole Wheat Garlic Bread Roasted Cauliflower Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Wheat Cinnamon Toast & Fruit ¹⁴ Macaroni & Beef w/ Tomatoes (VA: Macaroni & Cheese w/Tomatoes) Whole Wheat Garlic Bread Chopped Broccoli Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>a.m. Pumpkin & Spiced Oatmeal ¹⁵ Beef & Bean Burritos (VA: Refried Beans) Wheat Tortillas Greek Salad w/Tomato & Feta Cheese Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>a.m. Banana Muffins ¹⁶ Grilled Chicken & Veggie Pasta (VA: Vegetable Pasta w/ Cheddar Sauce) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>a.m. English Muffins & Sun Butter ¹⁷ Warm Vegetable Soup Toasted Pita Bread Chopped Broccoli & Cauliflower Bananas p.m. Apples & Cheese Slices</p>		
<p>a.m. Sausage Biscuit ²⁰ Chicken, Spinach & Cheese Enchiladas (VA: Cheese Enchiladas) Fluffy Spanish Rice Fresh Snap Peas Peaches p.m. Sunbutter Sandwiches</p>	<p>a.m. English Muffin w/ Melted Cheese ²¹ Meatloaf (VA: Beyond Beef) Buttered Whole Wheat Bread Corn Kernels Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>a.m. Yogurt & Granola ²² Tortilla Beef Bake (VA: Cheese & Marinara Quesadilla) Warm Wheat Tortillas Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p>	<p>a.m. Warm Cinnamon Apples ²³ & Wheat Toast Chicken and Dumplings (VA: Vegetable Pasta w/ Cheddar Sauce) Buttered Whole Wheat Bread California Salad w/ Tomato & Fresh Avocado Pineapple p.m. Wheat Pretzels & Orange Slices</p>	<p>a.m. Chex Cereal & Berries ²⁴ Vegetarian Lasagna Bake Whole Wheat Garlic Bread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p>		
<p>a.m. Whole Grain Waffles & Berries ²⁷ Zesty Teriyaki Chicken (VA: Asian Vegetable & Edamame Medley) Brown Rice Chopped Broccoli Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>a.m. Wheat Cheese Toast ²⁸ Beef Lasagna (VA: Vegetarian Lasagna) Whole Wheat Garlic Bread Roasted Cauliflower Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>a.m. Apple & Spiced Oatmeal ²⁹ Turkey & Cheese Sandwiches (VA: Cheese) on Whole Wheat Bread Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>a.m. Bagel & Sun Butter ³⁰ Texas Ranch Chicken (VA: Cheese Quesadilla) Wheat Tortillas Roasted Asparagus Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>a.m. Peaches & Cottage Cheese ³¹ Macaroni & Cheese Buttered Whole Wheat Bread Chopped Broccoli & Cauliflower Apple Sauce p.m. English Muffin w/ Sunbutter & Bananas Slices</p>		



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- All varieties of dairy are low fat & made from reduced fat/2% organic 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!