

# HEALTHY NUTRITION

## January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>a.m. Bagel &amp; Sun Butter <b>Ground Beef Soft Tacos (VA: Refried Beans)</b> <b>Wheat Tortillas</b> <b>Fresh Green Beans</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>a.m. Peaches &amp; Cottage Cheese <b>Lemon &amp; Broccoli Whole Wheat Pasta</b> <b>Whole Wheat Garlic Bread</b> <b>Vegetable Medley</b> <b>Apple Sauce</b> p.m. English Muffin w/Sunbutter &amp; Bananas Slices</p>
<p>a.m. Biscuits &amp; Fruit <b>Chicken &amp; Broccoli Whole Wheat Pasta Bake (VA: Tofu)</b> <b>Buttered Whole Wheat Bread</b> <b>Sweet Peas</b> <b>Fresh Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>a.m. Blueberry Muffins <b>Oven Roasted Herbed Turkey w/ Stuffing (VA: Beyond Beef)</b> <b>Buttered Whole Wheat Bread</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>a.m. Fruit and Yogurt Parfait <b>Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese (VA: Tofu)</b> <b>Buttered Whole Wheat Bread</b> <b>Diced Carrots</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ smashed avocado</p>	<p>a.m. Smashed Avocado &amp; Wheat Toast <b>Hearty Beef Ravioli (VA: Cheese)</b> <b>Whole Wheat Garlic Bread</b> <b>Ranch Salad w/Tomato &amp; Cheddar Cheese</b> <b>Fresh Melon</b> p.m. Apples &amp; Sun Butter</p>	<p>a.m. Bagel w/ Melted Cheese <b>Cheesy Whole Wheat Pasta &amp; Broccoli</b> <b>Buttered Whole Wheat Bread</b> <b>Pea &amp; Carrot Medley</b> <b>Fruit Medley</b> p.m. Toasted Veggie Chip Crackers &amp; Melon</p>
<p>a.m. Whole Grain Pancakes &amp; Banana Slices <b>Chicken Black Bean &amp; Cheese Enchiladas (VA: Black Beans)</b> <b>Wheat Tortillas</b> <b>Roasted Cauliflower</b> <b>Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Wheat Cinnamon Toast &amp; Fruit <b>Whole Wheat Pasta w/ Ground Turkey &amp; Marinara (VA: Chickpeas)</b> <b>Whole Wheat Garlic Bread</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ ranch dip</p>	<p>a.m. Pumpkin &amp; Spiced Oatmeal <b>Chicken &amp; Black Bean Taco Casserole (VA: Black Beans)</b> <b>Warm Wheat Tortillas</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> <b>Fresh Apple Slices</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>a.m. Banana Muffins <b>Comforting Meatloaf &amp; Mashed Potatoes (VA: Beyond Beef)</b> <b>Buttered Whole Wheat Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>a.m. English Muffins &amp; Sun Butter <b>Bean and Cheese Tacos</b> <b>Warm Wheat Tortillas</b> <b>Chopped Broccoli &amp; Cauliflower</b> <b>Bananas</b> p.m. Apples &amp; Cheese Slices</p>
<p>a.m. Sausage Biscuit <b>Zesty Chicken Cacciatore (VA: Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Snap Peas</b> <b>Fresh Peaches</b> p.m. Sunbutter Sandwiches</p>	<p>a.m. English Muffin w/ Melted Cheese <b>Turkey &amp; Cheese Toasted Sandwiches (VA: Cheese Sandwich) on Whole Wheat Bread</b> <b>Corn Kernels</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>a.m. Yogurt &amp; Granola <b>Cod fish fillet w/ Spanish Rice (VA: Breaded Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Fresh Edamame</b> <b>Orange Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>a.m. Warm Cinnamon Apples &amp; Wheat Toast <b>Cheesy Potato Beef Bake (VA: Pinto Beans)</b> <b>Buttered Whole Wheat Bread</b> <b>California Salad w/ Tomato &amp; Avocado</b> <b>Pineapple</b> p.m. Wheat Pretzels &amp; Orange Slices</p>	<p>a.m. Chex Cereal &amp; Berries <b>Vegetable Soup</b> <b>Whole Wheat Garlic Bread</b> <b>Corn &amp; Diced Tomatoes</b> <b>Fruit Medley</b> p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>a.m. Whole Grain Waffles &amp; Berries <b>Hearty Chicken Pot Pie (VA: Green Peas)</b> <b>Buttered Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>a.m. Wheat Cheese Toast <b>Turkey Tetrazzini Casserole (VA: Tofu)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Apple Slices</b> p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>a.m. Apple &amp; Spiced Oatmeal <b>Chicken Fajitas with Cheese (VA: Refried Beans)</b> <b>Warm Wheat Tortillas</b> <b>Italian Salad w/Tomato &amp; Fresh Cucumber</b> <b>Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>a.m. Bagel &amp; Sun Butter <b>Hearty Beef Stroganoff (VA: Chickpeas)</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>a.m. Peaches &amp; Cottage Cheese <b>Vegetarian Lasagna</b> <b>Whole Wheat Garlic Bread</b> <b>Roasted Chopped Broccoli &amp; Cauliflower</b> <b>Fresh Apple Sauce</b> p.m. English Muffin w/Sunbutter &amp; 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!**