

HEALTHY NUTRITION · MUELLER | HYDE PARK

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>a.m. Biscuits & Fruit 3</p> <p>Chicken Fajitas w/ Cheese (VA:Southwest Rice & Black Beans)</p> <p>Warm Wheat Tortillas</p> <p>Fresh Green Beans</p> <p>Pineapple</p> <p>p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>a.m. Blueberry Muffins 4</p> <p>Turkey & Cheese Wraps (VA: Cheese)</p> <p>Warm Wheat Tortillas</p> <p>Coleslaw & Pinto Beans</p> <p>Fresh Orange Slices</p> <p>p.m. English Muffin Pizzas</p>	<p>a.m. Fruit and Yogurt Parfait 5</p> <p>Chicken Tetrizzini (VA:Mediterranean Couscous)</p> <p>Buttered Whole Wheat Bread</p> <p>Fresh Snap Peas</p> <p>Peaches</p> <p>p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>a.m. Smashed Avocado & Wheat Toast 6</p> <p>Chicken Stir Fry w/ Lo Mein (VA:Asian Vegetable & Edamame Medley)</p> <p>Brown Rice</p> <p>Ranch Salad w/Tomato & Cheddar Cheese</p> <p>Fresh Melon</p> <p>p.m. Apples & Sun Butter</p>	<p>a.m. Bagel w/ Melted Cheese 7</p> <p>Comforting Cheese Ravioli</p> <p>Toasted Whole Wheat Garlic Bread</p> <p>Vegetable Medley</p> <p>Fruit Medley</p> <p>p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>a.m. Whole Grain Pancakes & Banana Slices 10</p> <p>Sesame Chicken Slaw Wraps (VA: Edamame)</p> <p>Warm Wheat Tortillas</p> <p>Diced Carrots</p> <p>Fresh Apple Sauce</p> <p>p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Wheat Cinnamon Toast & Fruit 11</p> <p>Beef Tacos (VA: Refried Bean)</p> <p>Warm Wheat Tortillas</p> <p>Fresh Sweet Peas</p> <p>Pears</p> <p>p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>a.m. Warm Pumpkin & Spiced Oatmeal 12</p> <p>Flame Broiled Burgers w/ Cheese (Beyond Beef) on Whole Wheat Bread</p> <p>Greek Salad w/Tomato & Feta Cheese</p> <p>Crisp Apple Slices</p> <p>p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>a.m. Banana Muffins 13</p> <p>Cheesy Ranch Chicken (VA: Creamy Risotto)</p> <p>Spanish Rice</p> <p>Roasted Sweet Potatoes</p> <p>Mandarin Oranges</p> <p>p.m. Turkey & Cheese Pita Sandwich</p>	<p>a.m. English Muffins & Sun Butter 14</p> <p>Manicotti w/ Marinara</p> <p>Buttered Whole Wheat Bread</p> <p>Pea & Carrot Medley</p> <p>Bananas</p> <p>p.m. Apples & Cheese Slices</p>
<p>a.m. Sausage Biscuit 17</p> <p>Chicken Veggie Salad Wraps (VA: Hummus)</p> <p>warm Wheat Tortillas</p> <p>Corn Kernels</p> <p>Peaches</p> <p>p.m. Sunbutter Sandwiches</p>	<p>a.m. English Muffin w/ Melted Cheese 18</p> <p>Beef Ravioli (VA: Cheese Ravioli)</p> <p>Toasted Whole Wheat Garlic Bread</p> <p>Roasted Zucchini & Squash</p> <p>Fresh Melon</p> <p>p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>a.m. Yogurt & Granola 19</p> <p>Cod Filet Tacos (VA:Plant Based Breaded Tender)</p> <p>Warm Wheat Tortillas</p> <p>Fresh Edamame</p> <p>Fresh Orange Slices</p> <p>p.m. Cheese & Tomato Quesadilla</p>	<p>a.m. Warm Cinnamon Apples & Wheat Toast 20</p> <p>Chicken & Broccoli Rice Casserole (VA: Three Rice Blend)</p> <p>Buttered Whole Wheat Bread</p> <p>California Salad w/ Tomato & Fresh Avocado</p> <p>Pineapple</p> <p>p.m. Wheat Pretzels & Orange Slices</p>	<p>a.m. Chex Cereal & Berries 21</p> <p>Bean & Cheese Burritos</p> <p>Warm Wheat Tortillas</p> <p>Corn & Diced Tomatoes</p> <p>Fruit Medley</p> <p>p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>a.m. Blueberry Muffins 24</p> <p>Sweet & Sour Chicken w/ Veggies (VA: Mediterranean Couscous)</p> <p>Fluffy Brown Rice</p> <p>Fresh Green Beans</p> <p>Pears</p> <p>p.m. Whole Grain Cheddar Crackers & Cucumbers w/ ranch dip</p>	<p>a.m. Fruit and Yogurt Parfait 25</p> <p>Baked Ziti w/ meat sauce (VA: Marinara Sauce)</p> <p>Whole Wheat Garlic Bread</p> <p>Roasted Asparagus</p> <p>Crisp Apple Slices</p> <p>p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Smashed Avocado & Wheat Toast 26</p> <p>Grilled Chicken & Cheese Pita Sandwiches (VA: Cheese Pita)</p> <p>Italian Salad w/Tomato & Fresh Cucumber</p> <p>Mandarin Oranges</p> <p>p.m. Apples & Sun Butter</p>	<p>a.m. Bagel w/ Melted Cheese 27</p> <p>Chicken Spaghetti (VA: Macaroni & Cheese with Diced Tomatoes)</p> <p>Whole Wheat Garlic Bread</p> <p>Roasted Zucchini & Squash</p> <p>Bananas</p> <p>p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>a.m. Biscuits & Fruit 28</p> <p>Cheese Tortellini w/ Marinara</p> <p>Buttered Whole Wheat Bread</p> <p>Vegetable Medley</p> <p>Apple Sauce</p> <p>p.m. Wheat Thin Crackers w/ Cheese Slices</p>



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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!