

HEALTHY NUTRITION

February 2025

Monday Tuesday Wednesday Thursday Friday



<p>a.m. Biscuits & Fruit ³ Comforting Lite Chicken Divan (VA: Green Peas) Whole Wheat Garlic Bread Fresh Green Beans Pineapple p.m. Wheat Thin Crackers w/ Cheese & Pepperoni</p>	<p>a.m. Blueberry Muffins ⁴ Ground Turkey & Cheese Flatbread Pizza (VA: Cheese) Crisp Coleslaw & Pinto Beans Fresh Orange Slices p.m. English Muffin Pizzas</p>	<p>a.m. Fruit and Yogurt Parfait ⁵ Sesame Chicken Slaw Wraps (VA: Edamame) Warm Wheat Tortillas Fresh Snap Peas Fresh Peaches p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>a.m. Smashed Avocado & Wheat Toast ⁶ Sloppy Joes Sandwiches (VA: Beyond Beef) On Whole Wheat Bread Ranch Salad w/Tomato & Cheddar Cheese Fresh Melon p.m. Apples & Sun Butter</p>	<p>a.m. Bagel w/ Melted Cheese ⁷ Warm Broccoli Cheese Soup Toasted Pita Bread Vegetable Medley Fruit Medley p.m. Toasted Veggie Chip Crackers & Melon</p>
<p>a.m. Whole Grain Pancakes & Banana Slices ¹⁰ Fiesta Chicken & Bean Casserole (VA: Pinto Beans) Warm Wheat Tortillas Diced Carrots Fresh Apple Sauce p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>a.m. Wheat Cinnamon Toast & Fruit ¹¹ Tuna Noodle Casserole (VA: Green Peas) Buttered Whole Wheat Bread Fresh Sweet Peas Pears p.m. Whole Grain Cheddar Crackers & Cucumbers w/ranch dip</p>	<p>a.m. Warm Pumpkin & Spiced Oatmeal ¹² Hearty Beef Ravioli (VA: Cheese) Whole Wheat Garlic Bread Greek Salad w/Tomato & Feta Cheese Crisp Apple Slices p.m. Cheddar Rice Cakes & Orange Slices</p>	<p>a.m. Banana Muffins ¹³ Chicken Veggie Salad Wraps (VA: Chickpeas) Warm Wheat Tortillas Roasted Sweet Potatoes Fresh Mandarin Oranges p.m. Turkey & Cheese Pita Sandwich</p>	<p>a.m. English Muffins & Sun Butter ¹⁴ Zesty Veggie Stir fry Fluffy Brown Rice Pea & Carrot Medley Fresh Bananas p.m. Apples & Cheese Slices</p>
<p>a.m. Sausage Biscuit ¹⁷ Chicken, Spinach and Cheese Enchiladas (VA: Black Beans) Warm Wheat Tortillas Fresh Corn Kernels Peaches p.m. Sunbutter Sandwiches</p>	<p>a.m. English Muffin w/ Melted Cheese ¹⁸ Ground Turkey Lasagna Bake (VA: Tofu) Whole Wheat Garlic Bread Roasted Zucchini & Squash Fresh Melon p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>a.m. Yogurt & Granola ¹⁹ Comforting Sliced Potato and Ham Casserole (VA: Tofu) Toasted Whole Wheat Garlic Bread Fresh Edamame Orange Slices p.m. Cheese & Tomato Quesadilla</p>	<p>a.m. Warm Cinnamon Apples & Wheat Toast ²⁰ Flame Broiled burgers w/ Cheese (VA: Beyond Beef) on Whole Wheat Bread California Salad w/ Tomato & Fresh Avocado Pineapple p.m. Wheat Pretzels & Orange Slices</p>	<p>a.m. Chex Cereal & Berries ²¹ Warm Three Bean soup Cornbread Corn & Diced Tomatoes Fruit Medley p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>a.m. Whole Grain Waffles & Berries ²⁴ Warm Chicken Noodle Soup (VA: Chickpeas) Whole Wheat Garlic Bread Fresh Green Beans Pears p.m. Cheddar Rice Cakes & Carrot w/ranch dip</p>	<p>a.m. Wheat Cheese Toast ²⁵ Comforting Shepherd's Pie (VA: Green Peas) Buttered Whole Wheat Bread Roasted Asparagus Crisp Apple Slices p.m. Toasted Veggie Chip Crackers & Cheese Slices</p>	<p>a.m. Apple & Spiced Oatmeal ²⁶ Parmesan Chicken with Whole Wheat Pasta (VA: Breaded Tofu) Toasted Whole Wheat Garlic Bread Italian Salad w/Tomato & Fresh Cucumber Mandarin Oranges p.m. Pita Bread & Hummus</p>	<p>a.m. Bagel & Sun Butter ²⁷ Beef & Bean Chili (VA: Pinto Beans) Fresh Baked Cornbread Roasted Zucchini & Squash Bananas p.m. Whole Grain Cheddar Crackers & Fruit</p>	<p>a.m. Peaches & Cottage Cheese ²⁸ Whole Wheat Pasta Alfredo Whole Wheat Garlic Bread Vegetable Medley Fresh Apple Sauce p.m. English Muffin w/Sunbutter & Bananas Slices</p>



DOWNLOAD MENU
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!