

# HEALTHY NUTRITION

## April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 a.m. Blueberry Muffins <b>Oven Roasted Turkey w/ Stuffing</b> (VA: Beyond Beef) <b>Buttered Whole Wheat Bread</b> <b>Roasted Sweet Potatoes</b> <b>Fresh Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>2 a.m. Fruit and Yogurt Parfait <b>Whole Wheat Pasta Salad w/ Ham, Broccoli and Cheese</b> (VA: Tofu) <b>Buttered Whole Wheat Bread</b> <b>Fresh Diced Carrots</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</p>	<p>3 a.m. Smashed Avocado &amp; Wheat Toast <b>Hearty Cheese Ravioli with Beef Marinara</b> (VA: Marinara Sauce) <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>4 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>7 a.m. Whole Grain Pancakes &amp; Banana Slices <b>Chicken Black Bean &amp; Cheese Enchiladas</b> VA: Black Beans <b>Warm Wheat Tortillas</b> <b>Roasted Cauliflower</b> <b>Fresh Apple Sauce</b> p.m. Wheat Pretzels w/ Cheese Slices</p>	<p>8 a.m. Wheat Cinnamon Toast &amp; Fruit <b>Whole Wheat Pasta w/ Ground Turkey &amp; Marinara</b> (VA: Chickpeas) <b>Roasted Broccoli Peas</b> p.m. Whole Grain Cheddar Crackers &amp; Cucumbers w/ranch dip</p>	<p>9 a.m. Yogurt &amp; Granola <b>Cod fish fillet w/ Spanish Rice</b> (VA: Breaded Tofu) <b>Whole Wheat Garlic Bread</b> <b>Fresh Edamame</b> <b>Fresh Orange Slices</b> p.m. Cheese &amp; Tomato Quesadilla</p>	<p>10 a.m. Banana Muffins <b>Meatloaf &amp; Mashed Potatoes</b> (VA: Beyond Beef) <b>Buttered Whole Wheat Bread</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Mandarin Oranges</b> p.m. Turkey &amp; Cheese Pita Sandwich</p>	<p>11 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>14 a.m. Sausage Biscuit <b>Chicken Cacciatore</b> (VA: Tofu) <b>Toasted Whole Wheat Garlic Bread</b> <b>Fresh Snap Peas</b> <b>Fresh Peaches</b> p.m. Sunbutter Sandwiches</p>	<p>15 a.m. English Muffin w/ Melted Cheese <b>Turkey &amp; Cheese Toasted Sandwiches</b> (VA: Cheese Sandwich) <b>on Whole Wheat Bread</b> <b>Corn Kernels</b> <b>Fresh Melon</b> p.m. Wheat Thin Crackers w/ Cheese Slices</p>	<p>16 a.m. Yogurt w/ Fresh Berries <b>Chicken &amp; Black Bean Taco Casserole</b> (VA: Black Beans) <b>Warm Wheat Tortillas</b> <b>Greek Salad w/Tomato &amp; Feta Cheese</b> p.m. Cheddar Rice Cakes &amp; Orange Slices</p>	<p>17 a.m. Warm Cinnamon Apples &amp; Wheat Toast <b>Cheesy Potato Beef Bake</b> (VA: Pinto Beans) <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>18 a.m. Chex Cereal &amp; Berries <b>Warm Vegetable Soup</b> <b>Whole Wheat Garlic Bread</b> <b>Corn &amp; Diced Tomatoes</b> <b>Fresh Fruit Medley</b> p.m. Multi Seed Crackers w/ Apple Slice</p>
<p>21 a.m. Whole Grain Waffles &amp; Berries <b>Hearty Chicken Pot Pie</b> (VA: Green Peas) <b>Buttered Whole Wheat Bread</b> <b>Chopped Broccoli</b> <b>Fresh Pears</b> p.m. Cheddar Rice Cakes &amp; Carrot w/ranch dip</p>	<p>22 a.m. Wheat Cheese Toast <b>Turkey Tetrazzini Casserole</b> (VA: Tofu) <b>Whole Wheat Garlic Bread</b> <b>Roasted Cauliflower</b> <b>Fresh Apple Slices</b> p.m. Toasted Veggie Chip Crackers &amp; Cheese Slices</p>	<p>23 a.m. Apples &amp; Yogurt <b>Chicken Fajitas with Cheese</b> (VA: Refried Beans) <b>Wheat Tortillas</b> <b>Italian Salad w/Tomato &amp; Cucumber</b> <b>Fresh Mandarin Oranges</b> p.m. Pita Bread &amp; Hummus</p>	<p>24 a.m. Bagel &amp; Sun Butter <b>Beef Stroganoff</b> (VA: Chickpeas) <b>Whole Wheat Garlic Bread</b> <b>Roasted Asparagus</b> <b>Bananas</b> p.m. Whole Grain Cheddar Crackers &amp; Fruit</p>	<p>25 a.m. Peaches &amp; Cottage Cheese <b>Vegetarian Lasagna</b> <b>Whole Wheat Garlic Bread</b> <b>Chopped Broccoli &amp; Cauliflower</b> <b>Apple Sauce</b> p.m. English Muffin w/ Sunbutter &amp; Bananas Slices</p>
<p>28 a.m. Biscuits &amp; Fruit <b>Lite Chicken Divan</b> (VA: Green Peas) <b>Whole Wheat Garlic Bread</b> <b>Fresh Green Beans</b> <b>Pineapple</b> p.m. Wheat Thin Crackers w/ Cheese &amp; Pepperoni</p>	<p>29 a.m. Blueberry Muffins <b>Ground Turkey &amp; Cheese</b> (VA: Cheese) <b>Flatbread Pizza</b> <b>Coleslaw &amp; Pinto Beans</b> <b>Orange Slices</b> p.m. English Muffin Pizzas</p>	<p>30 a.m. Fruit and Yogurt Parfait <b>Sesame Chicken Slaw Wraps</b> (VA: Edamame) <b>Warm Wheat Tortillas</b> <b>Fresh Snap Peas</b> <b>Peaches</b> p.m. Multi Seed Crackers w/ Smashed Avocado</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!**