

# October 14 - October 18

2024

 LOWER SCHOOL

## ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

Boars Head premium deli sandwiches on whole grain and gluten free bread

Low Fat Yogurt and Granola

Unsweetened Applesauce








Low Fat Milk or Water

Produce of the Month:

# Pumpkin



- Pumpkins are a fruit, not a vegetable.
- They are usually orange, but can sometimes be yellow, white, green or red.
- Pumpkins have thick shells which contain pulp and seeds.
- Almost all parts of a pumpkin are edible.

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
<b>NON VEGGIE</b>  <b>Meatless</b>	<b>NON VEGGIE</b> Teriyaki Grilled Chicken Skewers  White Rice Edamame	<b>NON VEGGIE</b> Ham and Cheese Grilled Sandwich  Kettle Chips  Tomato Bisque	<b>NON VEGGIE</b> Baked Cod with Ritz Cracker Topping  Rice Pilaf  Green Beans	<b>NON VEGGIE</b> Hamburger  French Fries  Peas & Carrots
<b>VEGGIE</b>   Cheese Tortelloni with Marinara Sauce  Garlic Bread Stick  Broccoli  <b>AFTERNOON SNACK</b> Yogurt Parfait	<b>VEGGIE</b>   Teriyaki Tofu Saute Rice Bowl  Edamame  <b>AFTERNOON SNACK</b> Watermelon Slice	<b>VEGGIE</b>   Grilled Cheese Sandwich  Kettle Chips  Tomato Bisque  <b>AFTERNOON SNACK</b> Harker Trail Mix	<b>VEGGIE</b>   Soy Tender  Rice Pilaf  Green Beans  <b>AFTERNOON SNACK</b> Popcorn	<b>VEGGIE</b>   Veggie Burger  French Fries  Peas & Carrots  <b>AFTERNOON SNACK</b> Pretzel Cracker
<div> <div>Vegetarian </div> <div>Produce of the Month </div> <div>Kitchen Manager Samantha.Hipol@harker.org</div> </div>				