









**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:

Root Vegetables



- Root vegetables are full of nutrients, such as vitamins, protein, and fiber.
- Root vegetables include carrots, beets, turnips, radishes, and sweet potatoes.
- root vegetable is used for any underground part of a plant that we eat.

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
<b>NON VEGGIE</b>  <b>Meatless</b>	<b>NON VEGGIE</b> Roasted Chicken Corn Muffin Corn on The Cob	<b>NON VEGGIE</b> Bow Tie Pasta with Meat Sauce Garlic Bread Stick Broccoli	<b>NON VEGGIE</b> Turkey and Gravy Mashed Potatoes Vegetable Medley 	<b>NON VEGGIE</b> Meatball Sub Ruffle Chips Roasted Carrots <b>Dessert: Red Velvet Cookie</b>
<b>VEGGIE</b>   Bean & Cheese Burrito Spanish Rice Black Beans <b>AFTERNOON SNACK</b> Watermelon Slice	<b>VEGGIE</b>   BBQ Soy Tenders Corn Muffin Corn on The Cob <b>AFTERNOON SNACK</b> Chocolate Chip Cookie	<b>VEGGIE</b>   Bow Tie Pasta with Marinara Sauce Garlic Bread Stick Broccoli <b>AFTERNOON SNACK</b> Harker Trail Mix	<b>VEGGIE</b>   Eggplant Parmesan Mashed Potatoes Vegetable Medley <b>AFTERNOON SNACK</b> Popcorn	<b>VEGGIE</b>   Veggie Meatball Sub Ruffle Chips Roasted Carrots <b>AFTERNOON SNACK</b> Mini Naan and Hummus
<div><div>Vegetarian </div><div>Produce of the Month </div><div>Kitchen Manager Samantha.Hipol@harker.org</div></div>				