

November 18 - November 22

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:

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.

18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday
NON VEGGIE	NON VEGGIE	NON VEGGIE	NON VEGGIE	NON VEGGIE
Meatless	Mediterranean Chicken Skewers Rice Pilaf Tzatziki	Spaghetti with Meat Sauce Garlic Bread Stick Roasted Cauliflower	Teriyaki Meatballs White Rice Broccoli	Mini Beef Corn Dog Crinkle Cut Fries Green Beans <i>Dessert: Vanilla Cream Puff</i>
VEGGIE	VEGGIE	VEGGIE	VEGGIE	VEGGIE
Cheese Pizza Caesar Salad Peas and Carrot	Potato Samosas Rice Pilaf Tzatziki	Spaghetti with Marinara Garlic Bread Stick Roasted Cauliflower	Stir Fried Veggie Bowl White Rice Broccoli	Veggie Dog Crinkle Cut Fries Green Beans
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Yogurt Parfait	Cheese and Crackers	Harker Trail Mix	Gold Fish Cracker	Cheese Sandwich

Vegetarian

Produce of the Month

Kitchen Manager
Samantha.Hipol@harker.org