

# August 25 - August 29

## 2025

## LOWER SCHOOL

### ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

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

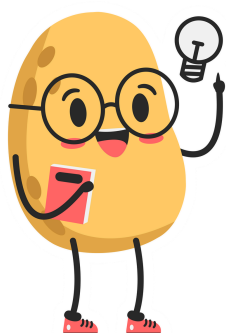
Low Fat Yogurt and Granola

Unsweetened Applesauce

Low Fat Milk or Water

Produce of the Month:

# Potato



Potatoes are available in a range of hues, including brown, yellow, red, and pink. Potatoes are an excellent supply of potassium, copper, vitamin C, manganese, phosphorus, niacin, dietary fiber, pantothenic acid, and a great source of potassium, copper, and vitamin C manganese, phosphorus, niacin, dietary fiber, and pantothenic acid.

| 25 Monday              | 26 Tuesday             | 27 Wednesday               | 28 Thursday                       | 29 Friday                                |
|------------------------|------------------------|----------------------------|-----------------------------------|--|
| <b>NON VEGGIE</b>      | <b>NON VEGGIE</b>      | <b>NON VEGGIE</b>          | <b>NON VEGGIE</b>                 | <b>NON VEGGIE</b>                        |
|                        |                        | <b>Meatless Wednesday!</b> | Orange Chicken                    | Beef Tacos                               |
|                        |                        |                            | Steamed Rice                      | Spanish Rice                             |
|                        |                        |                            | Broccoli                          | Corn Kernels                             |
|                        |                        |                            |                                   | <b>Dessert:</b><br>Chocolate Chip Cookie |
| <b>VEGGIE</b>          | <b>VEGGIE</b>          | <b>VEGGIE</b>              | <b>VEGGIE</b>                     | <b>VEGGIE</b>                            |
|                        |                        | Cheese Pizza               | Orange Tofu                       | Soyrizo Potato Tacos                     |
|                        |                        | Caesar Salad               | Steamed Rice                      | Spanish Rice                             |
|                        |                        | Green Beans                | Broccoli                          | Corn Kernels                             |
|                        |                        |                            |                                   | <b>Dessert:</b><br>Chocolate Chip Cookie |
| <b>AFTERNOON SNACK</b> | <b>AFTERNOON SNACK</b> | <b>AFTERNOON SNACK</b>     | <b>AFTERNOON SNACK</b>            | <b>AFTERNOON SNACK</b>                   |
|                        |                        | Yogurt Parfait             | Potato Samosas with Mango Chutney | Pretzel Bites with Nacho Cheese          |

Vegetarian

Produce of the Month



Kitchen Manager  
Samantha.Hipol@harker.org