

May 12 - May 16

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:

Berries



- Berries are a great source of vitamin C: A single cup of strawberries provides 140% of the recommended daily intake of vitamin C for children.
- Berries can be used to make natural dyes: Early American colonists used blueberries to make grey paint.
- Yellow, purple, gold or black ... these are some of the other colors that raspberries come in. You'll find that the gold ones are the sweetest of them all.

12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday
NON VEGGIE Meatless	NON VEGGIE Beef Hamburgers with Fixings French Fries Watermelon Slices	NON VEGGIE Sweet and Sour Chicken Steamed Rice Sauteed Bok Choy	NON VEGGIE BBQ Pulled Pork Mashed Potatoes Glazed Carrots	NON VEGGIE Meat Lasagna Dinner Rolls Caesar Salad Dessert: Double Chocolate Chip Cookie
VEGGIE Buttermilk Pancakes with Strawberries Scrambled Eggs Yogurt with Granola AFTERNOON SNACK Bean and Cheese Burritos	VEGGIE Veggie Burger with Fixings French Fries Watermelon Slices AFTERNOON SNACK Blueberry Muffin	VEGGIE Sweet and Sour Tofu Steamed Rice Sauteed Bok Choy AFTERNOON SNACK Fruit Salad	VEGGIE BBQ Veggie Croquettes Mashed Potatoes Glazed Carrots AFTERNOON SNACK Macaroni and Cheese	VEGGIE Cheese Lasagna Dinner Rolls Caesar Salad AFTERNOON SNACK Hummus with Pita
<div> Vegetarian Produce of the Month Kitchen Manager Samantha.Hipol@harker.org </div>				