

September 1- September 5

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:

Broccoli



Broccoli is a complete vegetable since it has fiber, water, vitamins, and minerals. Fun fact: California is the leading producer of broccoli in the United States!

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
NON VEGGIE Labor Day!!!	NON VEGGIE Meatless	NON VEGGIE Grilled Chicken Skewers Rice Pilaf Peas and Carrots	NON VEGGIE Hamburger French Fries Cole Slaw	NON VEGGIE Bowtie Pasta with Meat Sauce Garlic Bread Sticks Caesar Salad
VEGGIE No School	VEGGIE Cheese Pizza Carrot and Celery Sticks with Ranch Garden Salad	VEGGIE Potato Samosas with Mango Chutney Rice Pilaf Peas and Carrots	VEGGIE Veggie Burger French Fries Cole Slaw	VEGGIE Bowtie Pasta with Marinara Garlic Bread Sticks Caesar Salad Brownies
AFTERNOON SNACK	AFTERNOON SNACK Yogurt Parfait	AFTERNOON SNACK Harker Trail Mix	AFTERNOON SNACK Pretzel Bites and Nacho Cheese	AFTERNOON SNACK Cheese Sandwich

Vegetarian

Produce of the Month

Kitchen Manager
Samantha.Hipol@harker.org