

# March 24- March 28

## 2025



## LOWER SCHOOL

### ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

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

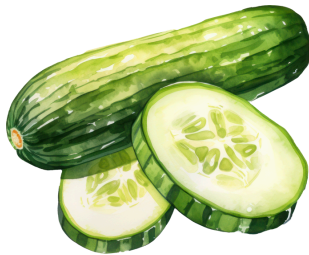
Low Fat Yogurt and Granola

Unsweetened Applesauce

Low Fat Milk or Water

Produce of the Month:

## Cucumber



- They originated in India but are now grown worldwide.
- Cucumbers are 96% water.
- Putting a slice of cucumber on the roof of your mouth can get rid of bad breath.
- Most of the flavor in the cucumber comes from the seeds.
- Cucumbers have lots of vitamin C

| 24 Monday  | 25 Tuesday   | 26 Wednesday  | 27 Thursday  | 28 Friday  |
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| <b>NON VEGGIE</b><br><br><b>Meatless</b>   | <b>NON VEGGIE</b><br><br>Sloppy Joes<br>Sweet Potato Fries<br>Coleslaw   | <b>NON VEGGIE</b><br><br>Chicken Parmesan<br>Garlic and Olive Oil Pasta<br>Roasted Zucchini   | <b>NON VEGGIE</b><br><br>Honey Mustard Pork Chop<br>Sautéed Apples<br>Sweet Peas   | <b>NON VEGGIE</b><br><br>Beef Hamburger with Fixings<br>Baked Beans<br>Macaroni Salad<br>Dessert: Oreo Churros     |
| <b>VEGGIE</b><br><br>Vegetable Lo Men<br>Spring Rolls<br>Glazed Carrots<br><br><b>AFTERNOON SNACK</b><br>Blueberry Muffins   | <b>VEGGIE</b><br><br>Veggie Sloppy Joes<br>Sweet Potato Fries<br>Coleslaw<br><br><b>AFTERNOON SNACK</b><br>Whole Grain Emoji Waffles | <b>VEGGIE</b><br><br>Eggplant Parmesan<br>Garlic and Olive Oil Pasta<br>Roasted Zucchini<br><br><b>AFTERNOON SNACK</b><br>Yogurt Parfaits | <b>VEGGIE</b><br><br>Broccoli Cheddar Quiche<br>Sautéed Apples<br>Sweet Peas<br><br><b>AFTERNOON SNACK</b><br>Mini Corn Dogs | <b>VEGGIE</b><br><br>Veggie Burger<br>Baked Beans<br>Macaroni Salad<br><br><b>AFTERNOON SNACK</b><br>Orange Slices |
| <div> <div>Vegetarian </div> <div>Produce of the Month </div> <div>                         Kitchen Manager<br/>                         Samantha.Hipol@harker.org                     </div> </div> |  |   |  |  |