

March 17- March 21

2025



LOWER SCHOOL

ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

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

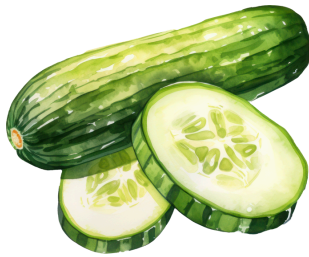
Low Fat Yogurt and Granola

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

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
NON VEGGIE Meatless	NON VEGGIE Chicken Pot Pie Buttermilk Biscuits Caesar Salad	NON VEGGIE Beef Meatloaf Scalloped Potatoes Roasted Broccoli	NON VEGGIE Bow Tie Pasta with Chicken Alfredo Green Beans Garlic Bread	NON VEGGIE Shrimp Scampi Rice Pilaf Caprese Salad <i>Dessert: Chocolate Pudding</i>
VEGGIE Cheese Quesadillas Spanish Rice Roasted Corn Kernels AFTERNOON SNACK Pretzel Bites	VEGGIE Veggie Pot Pie Buttermilk Biscuits Caesar Salad AFTERNOON SNACK Teriyaki Meatballs	VEGGIE Vegetarian Sheppard's Pie Scalloped Potatoes Roasted Broccoli AFTERNOON SNACK Strawberries	VEGGIE Bow Tie Pasta with Alfredo Green Beans Garlic Bread AFTERNOON SNACK Mini Chocolate Croissant	VEGGIE Lemon Pepper Tofu Rice Pilaf Caprese Salad AFTERNOON SNACK Battered Corn Nuggets
<div><div>Vegetarian </div><div>Produce of the Month </div><div>Kitchen Manager Samantha.Hipol@harker.org</div></div>				