

# November 11 - November 15

## 2024



## 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:

## Root Vegetables



- Root vegetables are full of nutrients, such as vitamins, protein, and fiber.
- Root vegetables include carrots, beets, turnips, radishes, and sweet potatoes.
- root vegetable is used for any underground part of a plant that we eat.

11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday
<b>NON VEGGIE</b>	<b>NON VEGGIE</b>	<b>NON VEGGIE</b>	<b>NON VEGGIE</b>	<b>NON VEGGIE</b>
<b>Meatless</b>	<b>Swedish Meatballs</b>	<b>Teriyaki Haddock</b>	<b>Turkey Burgers</b>	<b>Lemon Pepper Chicken Skewers</b>
	<b>Mashed Potatoes</b>	<b>White Rice</b>	<b>French Fries</b>	<b>Rice Pilaf</b>
	<b>Broccoli</b>	<b>Corn</b>	<b>Coleslaw</b>	<b>Carrots</b>
				<b>Dessert:</b> <b>Chocolate Eclair</b>
<b>VEGGIE</b>	<b>VEGGIE</b>	<b>VEGGIE</b>	<b>VEGGIE</b>	<b>VEGGIE</b>
<b>Cheese Tortellini with Marinara Sauce</b>	<b>Shepherds Pie</b>	<b>Veggie Filet</b>	<b>Veggie Burgers</b>	<b>Baked Potato</b>
<b>Garlic Bread Stick</b>	<b>Mashed Potatoes</b>	<b>White Rice</b>	<b>French Fries</b>	<b>All The Toppings</b>
<b>Green Beans</b>	<b>Broccoli</b>	<b>Corn</b>	<b>Coleslaw</b>	<b>Hearty Chili</b>
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
<b>Yogurt Parfait</b>	<b>Cheeze It Crackers</b>	<b>Harker Trail Mix</b>	<b>Fried Ravioli</b>	<b>Mini Soft Pretzel Bites with Cheese</b>

Vegetarian

Produce of the Month

**Kitchen Manager**  
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