

April 7 - April 11

2025



LOWER SCHOOL

ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

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

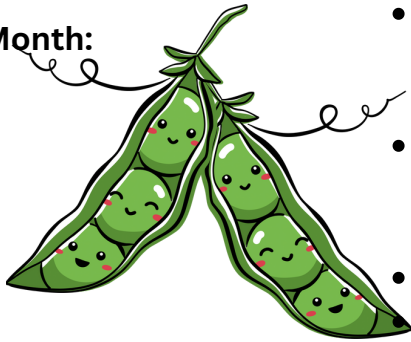
Low Fat Yogurt and Granola

Unsweetened Applesauce

Low Fat Milk or Water

Produce of the Month:

Peas



- Peas, botanically a fruit, are a nutritious legume rich in protein, fiber, and vitamins, and are a good source of energy.
- Peas are among the oldest cultivated plants, with evidence of their cultivation dating back over 12,000 years.
- The Romans grew 37 different varieties of peas.
Peas can be eaten straight from the pod.

7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
NON VEGGIE Meatless	NON VEGGIE Chicken Cordon Bleu Mashed Potatoes Roasted Cauliflower	NON VEGGIE Belgian Waffles Breakfast Potatoes Chicken Sausage	NON VEGGIE Chicken Tikka Masala Couscous Greek Salad	NON VEGGIE Ground Beef Tacos Cilantro Lime Rice Nachos with Cheese Dessert: Ice Cream Sandwiches
VEGGIE Macaroni and Cheese Hawaiian Dinner Rolls Sautéed Green Beans AFTERNOON SNACK Potato Samosas with Mango Chutney	VEGGIE 9 Grain Veggie Tenders Mashed Potatoes Roasted Cauliflower AFTERNOON SNACK Assorted Baked Scones	VEGGIE Belgian Waffles Breakfast Potatoes Veggie Sausage AFTERNOON SNACK Cheese Pizza	VEGGIE Falafel with Tzatziki Couscous Greek Salad AFTERNOON SNACK Hummus with Mini Naan	VEGGIE Tofu Fajitas Cilantro Lime Rice Nachos with Cheese AFTERNOON SNACK Cheese Cubes with Crackers

Vegetarian

Produce of the Month



Kitchen Manager
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