

# January 19 - January 23

2026

 **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:

## Citrus Fruit



- Orange: considered as the king of citrus fruits.
- Lemon: has a myriad of health benefits.
- Lime: yellowish-green in color and contains more amount of acid than other citrus fruits.
- Mandarin: a seedless orange with loose skin.
- Clementine: the seedless variety of mandarin.

19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
<b>NON VEGGIE</b> 	<b>NON VEGGIE</b> Cheese Ravioli with Meat Sauce Garlic Bread Sticks Green Beans	<b>NON VEGGIE</b> Baked Chicken Breast Rice Pilaf Peas & Carrots	<b>NON VEGGIE</b> Ground Turkey Soft Tacos Spanish Rice Street Corn	<b>NON VEGGIE</b> Lobster Rolls Kettle Chips Cole Slaw Dessert: Donut Holes
<b>VEGGIE</b>  <b>No School!!!</b> <b>AFTERNOON SNACK</b>	<b>VEGGIE</b>  Cheese Ravioli with Marinara Sauce Garlic Bread Sticks Green Beans <b>AFTERNOON SNACK</b> Yogurt Parfait	<b>VEGGIE</b>  Veggie Tenders Rice Pilaf Peas & Carrots <b>AFTERNOON SNACK</b> Potato Samosa with Mango Chutney	<b>VEGGIE</b>  Cheese Quesadilla Spanish Rice Street Corn <b>AFTERNOON SNACK</b> Harker Trail Mix	<b>VEGGIE</b>  Egg Salad Roll Kettle Chips Cole Slaw <b>AFTERNOON SNACK</b> Mini Naan with Tzatziki
<div> <div>Vegetarian </div> <div>Produce of the Month </div> <div>Kitchen Manager Samantha.Hipol@harker.org</div> </div>				