

# January 26 - January 30

## 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.

26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
<b>NON VEGGIE</b> Fish & Chips  Corn Chowder  Cole Slaw	<b>NON VEGGIE</b> Mediterranean Roasted Chicken  Rice Pilaf  Broccoli	<b>NON VEGGIE</b> Cheese Ravioli with Meat Sauce  Garlic Bread Sticks  Roasted Vegetables	<b>NON VEGGIE</b> Grilled Ham & Cheese  Tomato Bisque  Green Beans	<b>NON VEGGIE</b> Sloppy Joes  Baked Potato  Butter Carrots  Dessert: Churros
<b>VEGGIE</b>  Soy Tenders & Chips  Corn Chowder  Cole Slaw  <b>AFTERNOON SNACK</b> Yogurt Parfait	<b>VEGGIE</b>  Mediterranean Falafel Vegetable Bowl  <b>AFTERNOON SNACK</b> Chicken Bites	<b>VEGGIE</b>  Cheese Ravioli with Marinara Sauce  Garlic Bread Sticks  Roasted Vegetables  <b>AFTERNOON SNACK</b> Cheddar Popcorn	<b>VEGGIE</b>  Grilled Cheese  Tomato Bisque  Green Benas  <b>AFTERNOON SNACK</b> Mini Corn Dog and Corn Nuggets	<b>VEGGIE</b>  Vegetarian Sloppy Joes  Baked Potato  Butter Carrots  <b>AFTERNOON SNACK</b> Orange Slices
<b>Vegetarian</b> <b>Produce of the Month</b> <b>Kitchen Manager</b> Samantha.Hipol@harker.org				