

February 2 - February 6

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:

Cabbage



- There are over 400 different varieties of cabbage in the world.
- Cabbages were first brought to America in the 16th century.
- Brussels sprouts might appear like baby cabbages but aren't.
- Savoy Cabbages, although named after a French region, were first developed in Germany.

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
NON VEGGIE Pepperoni Pizza Caesar Salad Corn	NON VEGGIE Herb Garlic Salmon Rice Pilaf Green Beans	NON VEGGIE Penne Pasta with Meat Sauce Garlic Bread Stick Broccoli	NON VEGGIE BBQ Pulled Pork Hawaiian Rolls Cole Slaw 	NON VEGGIE Orange Chicken White Rice Edamame Dessert: Fortune Cookie
VEGGIE  Cheese Pizza Caesar Salad Corn AFTERNOON SNACK Potato Samosa with Chutney	VEGGIE  Grilled Herb Tofu Piccata Rice Pilaf Green Beans AFTERNOON SNACK Cheese Cube and Crackers	VEGGIE  Penne Pasta with Marinara Sauce or Alfredo Sauce Garlic Bread Stick Broccoli AFTERNOON SNACK Yogurt Parfait	VEGGIE  BBQ Soy Protein Hawaiian Rolls Cole Slaw  AFTERNOON SNACK Mini Naan and Hummus	VEGGIE  Vegetable Eggrolls White Rice Edamame AFTERNOON SNACK Strawberries
Vegetarian 	Produce of the Month 		Kitchen Manager Samantha.Hipol@harker.org	