

October 20- October 24

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:

Pumpkin



- Pumpkins are a fruit, not a vegetable.
- They are usually orange, but can sometimes be yellow, white, green or red.
- Pumpkins have thick shells which contain pulp and seeds.
- Almost all parts of a pumpkin are edible.

20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
NON VEGGIE Bowtie Pasta with Meat Sauce Caesar Salad Garlic Knots	NON VEGGIE Teriyaki Chicken Skewers Rice Broccoli	NON VEGGIE Breakfast Pork Sausage Cheese Omelet Breakfast Potatoes French Toast Sticks	NON VEGGIE Fish and Chips Cole Slaw	NON VEGGIE Ground Turkey Soft Tacos Spanish Rice Street Corn
VEGGIE  Bowtie Pasta with Marinara Sauce Caesar Salad Garlic Knots	VEGGIE  Teriyaki Tofu Vegetable Bowl with Rice	VEGGIE  Cheese Omelet Breakfast Potatoes French Toast Sticks	VEGGIE  Soy Battered Filet and Chips Cole Slaw	VEGGIE  Paneer Garbanzo Masala Potato Samosas Rice Donut Holes
AFTERNOON SNACK Mini Beef Corn Dogs/Corn	AFTERNOON SNACK Yogurt Parfait with Granola	AFTERNOON SNACK Mini Naan with Tzatziki	AFTERNOON SNACK Harker Trail Mix	AFTERNOON SNACK Snickerdoodle Cookie
Vegetarian  Produce of the Month  Kitchen Manager Samantha.Hipol@harker.org				