

# October 27- October 31

## 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.

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
<b>NON VEGGIE</b>  <b>Fall Break Day!!!!</b>	<b>NON VEGGIE</b>  Pepperoni Pizza Caesar Salad	<b>NON VEGGIE</b>  Swedish Meatballs Mashed Potatoes Broccoli	<b>NON VEGGIE</b>  Beef Ravioli with Marinara  Garlic Knots  Green Beans	<b>NON VEGGIE</b>  BBQ Chicken Skewers  Tater Tots  Baked Beans
<b>VEGGIE</b>   <b>No School</b>	<b>VEGGIE</b>   Cheese Pizza Caesar Salad	<b>VEGGIE</b>   Swedish Vegetable "Meatballs"  White Rice  Broccoli	<b>VEGGIE</b>   Cheese Ravioli with Marinara  Garlic Knots  Green Beans	<b>VEGGIE</b>   BBQ Soy Tenders  Tater Tots  Baked Beans  <b>Lemon Bar</b>
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>  Yogurt Parfait with Granola	<b>AFTERNOON SNACK</b>  Mini Naan with Hummus	<b>AFTERNOON SNACK</b>  Potato Samosa with Mango Chutney	<b>AFTERNOON SNACK</b>  Cubed Cheese and Crackers
<b>Vegetarian</b>  <b>Produce of the Month</b>  <b>Kitchen Manager</b> Samantha.Hipol@harker.org				