

November 3 - November 7

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:

Root Vegetables



- Root vegetables are full of nutrients, such as vitamins, protein, and fiber.
- Root vegetables include carrots, beets, turnips, radishes, and sweet potatoes.
- root vegetable is used for any underground part of a plant that we eat.

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
NON VEGGIE Meatloaf Scalloped Potatoes Glazed Carrots	NON VEGGIE Chicken Quesadilla Spanish Rice Street Corn	NON VEGGIE Meat Lasagna Caesar Salad Garlic Knots	NON VEGGIE Orange Chicken Chow Mein Noodles Broccoli	NON VEGGIE Roasted Turkey and Gravy Mashed Potatoes Peas and Carrots Dessert: Vanilla Cream Puff
VEGGIE  Veggie Shepherd's Pie Glazed Carrots	VEGGIE  Cheese Quesadilla Spanish Rice Street Corn	VEGGIE  Cheese Lasagna Caesar Salad Garlic Knots	VEGGIE  Orange Soy Tenders Chow Mein Noodles Broccoli	VEGGIE  Green Bean Casserole Mashed Potatoes Peas and Carrots
AFTERNOON SNACK Yogurt Parfait	AFTERNOON SNACK Mini Hot Dog/Veggie Dog	AFTERNOON SNACK Harker Trail Mix	AFTERNOON SNACK Gold Fish Crackers	AFTERNOON SNACK Soy Butter and Jelly Sandwich
Vegetarian  Produce of the Month  Kitchen Manager Samantha.Hipol@harker.org				