

April 27 - May 1

2026



LOWER SCHOOL

ALL MEALS INCLUDE:

Fresh Fruit & Seasonal Salad Bar

Boars Head premium deli sandwiches on whole grain and gluten free bread

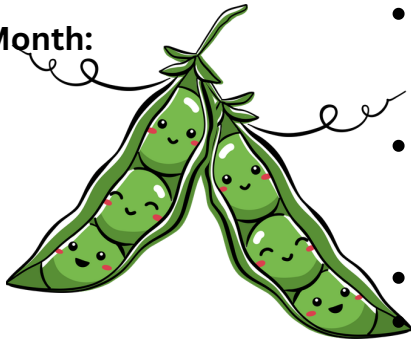
Low Fat Yogurt and Granola

Unsweetened Applesauce

Low Fat Milk or Water

Produce of the Month:

Peas



- Peas, botanically a fruit, are a nutritious legume rich in protein, fiber, and vitamins, and are a good source of energy.
- Peas are among the oldest cultivated plants, with evidence of their cultivation dating back over 12,000 years.
- The Romans grew 37 different varieties of peas. Peas can be eaten straight from the pod.

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	1 Friday
NON VEGGIE Hot Dog French Fries Peas & Carrots	NON VEGGIE Ground Turkey Tostada Spanish Rice Mexican Street Corn	NON VEGGIE Butter Garlic Shrimp Scalloped Potatoes Green Beans	NON VEGGIE Penne Pasta with Meat Sauce Garlic Bread Stick Broccoli	NON VEGGIE Grilled Teriyaki Chicken Fried rice Stir Fry Vegetables Dessert: M&M Brownie
VEGGIE Veggie Hot Dog French Fries Peas & Carrots AFTERNOON SNACK Potato Samosas with Mango Chutney	VEGGIE Vegetarian Tostada Spanish Rice Mexican Street Corn AFTERNOON SNACK Berry Yogurt Parfait	VEGGIE Lentil Vegetable Stew Scalloped Potatoes Green Beans AFTERNOON SNACK Chicken Tenders/Soy Tenders	VEGGIE Penne Pasta with Marinara or Alfredo Sauce Garlic Bread Stick Broccoli AFTERNOON SNACK Cheese Cubes and Wheat Thins	VEGGIE Cilantro Sweet Chili Tofu Fried Rice Stir Fry Vegetables AFTERNOON SNACK Hummus and Mini Naan

Vegetarian

Produce of the Month



Kitchen Manager
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