

May 4 - May 8

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:

Berries



- Berries are a great source of vitamin C: A single cup of strawberries provides 140% of the recommended daily intake of vitamin C for children.
- Berries can be used to make natural dyes: Early American colonists used blueberries to make grey paint.
- Yellow, purple, gold or black ... these are some of the other colors that raspberries come in. You'll find that the gold ones are the sweetest of them all.

4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday
NON VEGGIE Lobster Roll French Fries Cole Slaw	NON VEGGIE Street Tacos (Carnitas) Spanish Rice Cilantro Corn	NON VEGGIE Spaghetti with Meat Sauce Garlic Bread Caesar Salad	NON VEGGIE Chicken Cordon Bleu Rice Pilaf Green Beans	NON VEGGIE Meatball Subs Caprese Salad Broccoli Dessert: Strawberry Cupcake
VEGGIE Egg Salad Roll French Fries Cole Slaw AFTERNOON SNACK Harker Trail Mix	VEGGIE Cheese Quesadilla Spanish Rice Cilantro corn AFTERNOON SNACK Fruit Salad with Berries	VEGGIE Spaghetti with Marinara or Alfredo Sauce Garlic Bread Caesar Salad AFTERNOON SNACK Mini Hot Dog/Mini Veggie Dog	VEGGIE Ratatouille Rice Pilaf Green Beans AFTERNOON SNACK Potato Samosa with Chutney	VEGGIE Italian Veggie Sub Caprese Salad Broccoli AFTERNOON SNACK Cubed Cheese, Grapes, & Crackers
<div> Vegetarian Produce of the Month Kitchen Manager Samantha.Hipol@harker.org </div>				