



# TK Menu

November 4 - November 8, 2024

## 10:00 SNACK

1/2 Cup Fruit  
1 Cup Dairy  
1 oz Whole Grain

## NON-VEGGIE LUNCH

1/2 Cup Fruit  
1 1/2 Vegetable  
2 oz Whole Grain  
2 oz Protein  
1 Cup Dairy

## VEGGIE LUNCH



1/2 Cup Fruit  
1 1/2 Vegetable  
2 oz Whole Grain  
2 oz Protein  
1 Cup Dairy



## 2:00 PM SNACK

1 oz Protein  
OR 1/2 Cup Dairy  
1/2 Cup Vegetable

MONDAY

Organic  
Low Fat Milk  
Granola  
Orange Wedges

**Meatless  
Monday!**

Potato Samosa with  
Mango Chutney  
Couscous  
Fresh Cucumber  
Tomato Salad

Pretzels  
String Cheese  
Dried Fruit

TUESDAY

Broccoli Cheddar  
Frittata  
Yogurt Cups  
Bananas

Roast Chicken  
Scalloped Potatoes  
Peas & Carrots  
Pears

Veggie Tenders  
Scalloped Potatoes  
Peas & Carrots  
Pears

Granola Bar  
Squeeze Yogurt  
Clementine

WEDNESDAY

Mini Scones  
Low Fat  
Organic Milk  
Peach Slices

Bow Tie Pasta  
with Meat Sauce  
Breaded Zucchini  
Coins  
Mango

Bow Tie Pasta  
with Marinara  
Breaded Zucchini  
Coins  
Mango

Cubed Turkey and  
Cheddar Cheese  
Ritz Crackers

THURSDAY

Low Fat  
Organic Milk  
Whole Grain Cereal  
Sliced Pears

Popcorn Shrimp with  
Cocktail  
Rice Pilaf  
Green Beans  
Red Grapes

Fishless Fish Filet  
Rice Pilaf  
Green Beans  
Red Grapes

Soybutter and  
Banana Sandwich

FRIDAY

Apple Croissant  
Low Fat Milk  
Fruit Cocktail

Whole Wheat Mini  
Turkey Pepperoni Pizza  
Baby Antipasto  
Watermelon Wedges

Whole Wheat Mini  
Cheese Pizza  
Baby Antipasto  
Watermelon Wedges

Cottage Cheese  
with Diced  
Pineapples  
Graham Crackers



Gluten Free



Vegetarian

Icons for Lunch and Afternoon Snack Only,  
All Meals Served with Organic Low-Fat Milk