



TK Menu

October 28 - November 1, 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



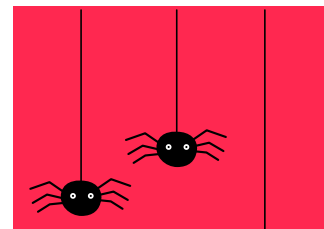
2:00 PM SNACK

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

MONDAY



NO SCHOOL
FALL BREAK DAY!



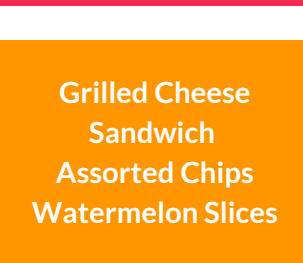
TUESDAY



Yogurt Parfait
Pumpkin Breakfast
Bread



MEATLESS
TUESDAY!

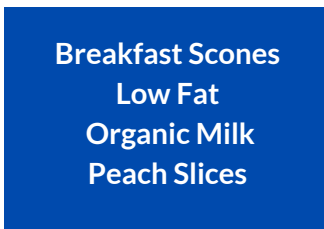


Grilled Cheese
Sandwich
Assorted Chips
Watermelon Slices



"Ants on a Log"
with Soybutter

WEDNESDAY



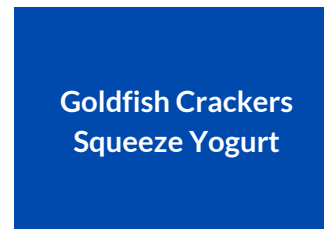
Breakfast Scones
Low Fat
Organic Milk
Peach Slices



Fish Sticks with Tartar
Sauce
Baked Sweet Potato
Wedges
Watermelon Slices



Fishless Fish Filet
Baked Sweet Potato
Wedges
Coleslaw
Watermelon Slices



Goldfish Crackers
Squeeze Yogurt



Spooky Mini
Quiches
Scary String Cheese
Frightening Fruit
Cocktail



Ghostly Chicken
Fajitas
Eerie Spanish Rice
Creepy Cauliflower
Bewitching
Cantaloupe



Ghostly Veggie Fajitas
Eerie Spanish Rice
Creepy Cauliflower
Bewitching
Cantaloupe

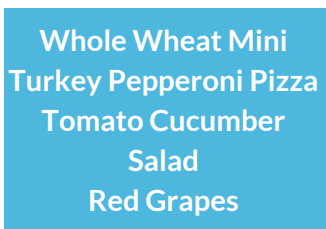


Apple Nachos
Halloween Trail Mix

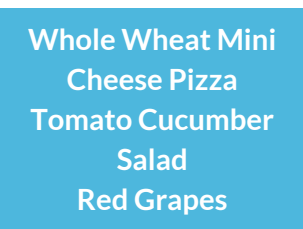
FRIDAY



Low Fat
Organic Milk
Whole Grain Cereal
Melon



Whole Wheat Mini
Turkey Pepperoni Pizza
Tomato Cucumber
Salad
Red Grapes



Whole Wheat Mini
Cheese Pizza
Tomato Cucumber
Salad
Red Grapes



Turkey and Cheese
Roll Up
Graham Crackers



Gluten Free



Vegetarian

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