



TK Menu

October 21- October 25, 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!**

Bean and Cheese
Burrito
Spanish Rice
Grilled Zucchini
Mango Spears

Veggie Straws
Dried Fruit

TUESDAY

Scones
Low Fat Milk
Mixed Berries

Orange Chicken
Steamed Rice
Baby Bok Choy
Red Grapes

Orange Tofu
Steamed Rice
Baby Bok Choy
Red Grapes

Cottage Cheese
Sliced Peaches
Graham Crackers

WEDNESDAY

Maple Cinnamon
Overnight Oats
Low Fat Milk
Bananas

Chicken Apple
Sausage Slider
Macaroni and Cheese
Peas & Carrots
Grapes

Veggie Hot Dogs
Macaroni and Cheese
Peas & Carrots
Grapes

Dried Fruit
Pretzels
String Cheese

THURSDAY

Mini Bagels with
Cream Cheese
Berries

Butter Chicken
Naan Bread
Roasted Broccoli
Mango Spears

Potato Samosas
Naan Bread
Roasted Broccoli
Mango Spears

Soybutter and
Jelly Sandwich
Veggie Straws

FRIDAY

Whole Grain Cereal
Low Fat Organic Milk
Orange Wedges

Mini Pepperoni Pizza
Garlic Bread Sticks
Green Beans
Pears

Mini Cheese Pizza
Garlic Bread Sticks
Green Beans
Pears

Rice Crackers
Baby Carrots with
Ranch Dipping Sauce
Green Apple Slices



Gluten Free



Vegetarian

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