



TK Menu

October 14- October 18, 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
Yogurt
Granola
Dried Fruit

**Meatless
Monday!**

Veggie Lo Mein
Spring Rolls
Steamed Broccoli
Pineapple

Cottage Cheese
Sliced Peaches
Graham Crackers

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Bananas

Cheese Ravioli
with Meat Sauce
Garlic Bread Sticks
Roasted Cauliflower
Apple Wedges

Cheese Ravioli
with Marinara
Garlic Bread Sticks
Roasted Cauliflower
Apple Wedges

Veggie Straws
Clementines
String Cheese

WEDNESDAY

Raspberry Breakfast
Bread
Low Fat
Organic Milk
Sliced Strawberries

Popcorn Chicken
Tater Tots
Corn Kernels
Watermelon Slices

Veggie Tenders
Tater Tots
Corn Kernels
Watermelon Slices

"Ants on a Log"
with Soybutter

THURSDAY

Mini Bagels
Cream Cheese
Peach Slices

Meatloaf
Mashed Potatoes
with Gravy
Carrots & Peas
Cantaloupe

Impossible "Meatloaf"
Mashed Potatoes
with Gravy
Carrots & Peas
Cantaloupe

Soybutter and Jelly
Sandwich
Apple Wedges

FRIDAY

Low Fat
Organic Milk
Whole Grain Cereal
Bananas

Whole Wheat Mini
Turkey Pepperoni Pizza
Baby Caprese Salad
Red Grapes

Whole Wheat Mini
Cheese Pizza
Baby Caprese Salad
Red Grapes

Cheez-it Crackers
Squeeze Yogurt



Gluten Free



Vegetarian

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