



TK Menu

October 7- October 11, 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
Fresh Berries

**Meatless
Monday!**

Baked Spaghetti
Buttered Peas and
Carrots
Hawaiian Rolls

Applesauce with
Cinnamon
Whole Grain
Graham Crackers

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Bananas

Roast Turkey with Gravy
Stuffing
Steamed Broccoli
Honeydew

Roasted Tofu
Stuffing
Steamed Broccoli
Honeydew

Squeeze Yogurt
Fresh Fruit
Veggie Straws

WEDNESDAY

Croissants
Organic Low Fat
Milk
Sliced Strawberries

French Toast Sticks
with Maple Syrup
Scrambled Eggs
Yogurt Parfait
Fresh Fruit

Diced Deli Turkey
Cheddar Cheese
Crackers

THURSDAY

Breakfast
Quesadilla
Mango Spears

Mini Turkey Corndogs
Baked Potato Wedges
Corn Kernels
Red Grapes

Veggie Hot Dogs
Baked Potato Wedges
Corn Kernels
Red Grapes

Goldfish Crackers
Apple Wedges

FRIDAY

Mini Bagels with
Cream Cheese
Peach Slices

Whole Wheat Mini
Turkey Pepperoni Pizza
Caprese Skewers
Pineapple

Whole Wheat Mini
Cheese Pizza
Caprese Skewers
Pineapple

Baby Carrots with
Ranch Dressing
Blueberries



Gluten Free



Vegetarian

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