



TK Menu

November 11- November 15, 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
Diced Pineapple

Avocado Hummus
with Tortilla Chips
Dried Fruit

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Cantaloupe

Tuna Salad Sandwich
Potato Chips
String Cheese
Clementines

Egg Salad Sandwich
Potato Chips
String Cheese
Clementines

Apple Sauce with
Cinnamon
Graham Crackers

WEDNESDAY

Mini Muffins
Low Fat
Organic Milk
Peach Slices

Cheese Tortellini with
Chicken Alfredo
Broccoli
Red Grapes

Cheese Tortellini with
Alfredo Sauce
Broccoli
Red Grapes

Soft Pretzels with
Cheese Dips
Dried Fruit

THURSDAY

Low Fat Organic Milk
Overnight
Strawberries & Cream
Oats

Mini Corn Dogs
Sweet Potato Fries
Peas & Carrots
Apple Wedges

Veggie Dogs
Sweet Potato Fries
Peas & Carrots
Apple Wedges

Cottage Cheese with
Peach Slices

FRIDAY

Mini Bagels
Cream Cheese
Fruit Cocktail

Whole Wheat Mini
Turkey Pepperoni Pizza
Lil Caesar Salad
Pear Slices

Whole Wheat Mini
Cheese Pizza
Lil Caesar Salad
Pear Slices

Chicken Salad
Pita Chips
Cucumber Slices



Gluten Free



Vegetarian

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