



# TK Menu

November 18 - November 22, 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  
Whole Grain Cereal  
Orange Wedges

**Meatless  
Monday!**

Bowtie Pasta with  
Marinara Sauce  
Baby Caprese Salad  
Roasted Broccoli  
Clementines

Granola Bar  
Squeeze Yogurt

TUESDAY

Organic  
Low Fat Milk  
Mini Scones  
Peach Slices

Orange Chicken  
Steamed Rice  
Baby Bok Choy  
Red Grapes

Orange Tofu  
Steamed Rice  
Baby Bok Choy  
Red Grapes

Ritz Bitz with Cheese  
Apple Wedges

WEDNESDAY

Seasonal Fruit  
Yogurt Parfait  
with Granola

Turkey Pot Pie  
Corn Kernels  
Cantaloupe

Veggie Pot Pie  
Corn Kernels  
Cantaloupe

Soybutter and Jelly  
Sandwich

THURSDAY

Organic  
Low Fat Milk  
Whole Grain Cereal  
Bananas

Chicken Apple Sausage  
Sliders  
Tater Tots  
Carrots with Ranch  
Pineapples

Veggie Burger Sliders  
Tater Tots  
Carrots with Ranch  
Pineapples

Apple Sauce with  
Cinnamon  
Graham Crackers

FRIDAY

Mini Bagels with  
Cream Cheese  
Fruit Cocktail

Whole Wheat Mini  
Turkey Pepperoni Pizza  
Veggie Medley  
Pear Slices

Whole Wheat Mini  
Cheese Pizza  
Veggie Medley  
Pear Slices

Pita Chips with  
Hummus  
String Cheese



Gluten Free



Vegetarian

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