



TK Menu

December 2 - December 6, 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

French Toast
with Soy Butter
and Mixed Berries

**Meatless
Monday!**

Grilled Cheese
Tomato Soup
Peas & Carrots
Red Grapes

Yogurt Covered
Raisins
Veggie Straws

TUESDAY

Organic
Low Fat Milk
Whole Grain Cereal
Bananas

Roast Turkey
Sandwich
Assorted Chips
Baby Carrots
Apple Wedges

Soybutter and Jelly
Sandwich
Assorted Chips
Baby Carrots
Apple Wedges

Apple Sauce with
Cinnamon
Graham Crackers

WEDNESDAY

Organic
Low Fat Milk
Overnight Oats

BBQ Chicken
Mashed Potatoes
Corn Kernels
Diced Honeydew

Veggie Tenders
Mashed Potatoes
Corn Kernels
Diced Honeydew

Cheese Cubes with
Salami and Sliced
Bell Peppers

THURSDAY

Organic
Low Fat Milk
Whole Grain Cereal
Bananas

Swedish Turkey
Meatballs
Egg Noodles
Roasted Broccoli
Pineapple

Veggie Meatballs
Egg Noodles
Roasted Broccoli
Pineapple

Granola Bar
Squeeze Yogurt

FRIDAY

Seasonal Fruit
Organic Yogurt
Whole Grain Granola
Dried Fruit

Whole Wheat Mini
Turkey Pepperoni Pizza
Celery and Carrot
Sticks with Ranch
Cantaloupe Slices

Whole Wheat Mini
Cheese Pizza
Celery and Carrot
Sticks with Ranch
Cantaloupe Slices

Pretzels
String Cheese
Clementine



Gluten Free



Vegetarian

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