



TK Menu

September 8 - September 12, 2025

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

Whole Grain Cereal
Organic Low Fat Milk
Dried Fruit

**Meatless
Monday!**

Scrambled Eggs
Whole Wheat French
Toast Sticks
Roasted Veggie Hash
Bananas

Whole Grain Wheat
Thins
Cheese Slices

TUESDAY

Organic Low Fat
Yogurt
Granola
Berries

Turkey Corn Dogs
Baked Sweet Potato Fries
Roasted Cauliflower
Sliced Apples

Veggie Corn Dog
Baked Sweet Potato Fries
Roasted Cauliflower
Sliced Apples

Carrot and Celery
Sticks
with Ranch Dipping
Sauce

WEDNESDAY

Whole Grain Graham
Crackers
Low Fat Organic Milk
Orange Wedges

Whole Wheat Macaroni
and Cheese
Roasted Chicken
Sauteed Green Beans
Watermelon

Whole Wheat Macaroni
and Cheese
Baked Tofu
Sauteed Green Beans
Watermelon

Soy Butter and Jelly
Sandwich
Baby Carrots

THURSDAY

Mini Bagels with
Cream Cheese
Bananas

Ground Turkey
Soft Taco
Steamed Brown Rice
Corn Kernels
Strawberries

Impossible
Soft Taco
Steamed Brown Rice
Corn Kernels
Strawberries

Yogurt Covered
Raisins

FRIDAY

Peaches
Low Fat Yogurt
Granola

Whole Wheat Mini
Turkey Pepperoni Pizza
Celery and Carrot Sticks
Grapes

Whole Wheat Mini
Cheese Pizza
Celery and Carrot Sticks
Grapes

Apple Slices with
Soy Butter



Gluten Free



Vegetarian

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