



# TK Menu

September 15- September 19, 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!**

Bean and Cheese Burrito  
Spanish Rice  
Roasted Cauliflower  
Mango Spears

Whole Grain Cheeze-  
itz  
Organic Low-Fat  
Yogurt

TUESDAY

Mini Muffins  
Organic Low Fat Milk  
Sliced Peaches

Cheese Tortellini with  
Meat Sauce  
Garlic Bread Sticks  
Peas & Carrots  
Fresh Berries

Cheese Tortellini with  
Marinara Sauce  
Garlic Bread Sticks  
Peas & Carrots  
Fresh Berries

Pita Chips  
Hummus  
Baby Carrots

WEDNESDAY

Whole Grain  
Graham Crackers  
Low Fat Organic Milk  
Orange Wedges

Chicken Pot Pie  
Caesar Salad  
Buttered Broccoli  
Watermelon

Veggie Pot Pie  
Caesar Salad  
Buttered Broccoli  
Watermelon

Soy Butter and Jelly  
Sandwich  
Raisins

THURSDAY

Mini Bagels with  
Cream Cheese  
Bananas

Fish Sticks  
Seasoned Potato  
Wedges  
Green Beans  
Strawberries

Fishless Filets  
Seasoned Potato  
Wedges  
Green Beans  
Strawberries

Mashed Avocado  
Tortilla Chips  
String Cheese

FRIDAY

Organic Low Fat  
Yogurt  
Granola  
Fresh Berries

Whole Wheat Mini  
Turkey Pepperoni Pizza  
Grilled Summer Squash  
Pineapple

Whole Wheat Mini  
Cheese Pizza  
Grilled Summer Squash  
Pineapple

Turkey and Cheese  
Roll-Up  
Celery Sticks with  
Ranch



Gluten Free



Vegetarian

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