



TK Menu

August 26- August 30, 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

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



TK Menu

September 2- September 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



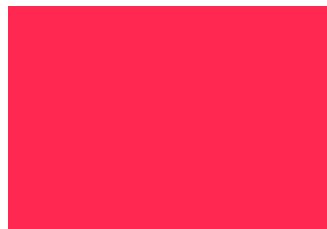
1/2 Cup Fruit
1 1/2 Vegetable
2 oz Whole Grain
2 oz Protein
1 Cup Dairy



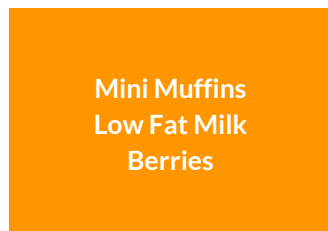
2:00 PM SNACK

1 oz Protein
OR 1/2 Cup Dairy
1/2 Cup Vegetable

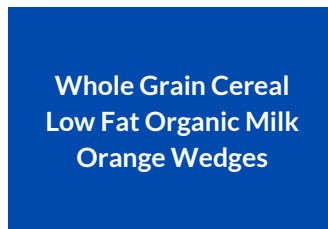
MONDAY



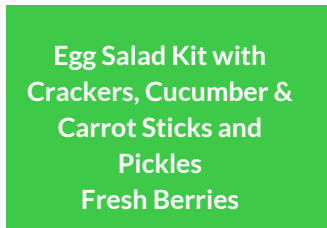
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Gluten Free



Vegetarian

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



TK Menu

September 9- September 13, 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

Whole Grain Cereal
Organic Low Fat Milk
Dried Fruit

**Meatless
Monday!**

Bean and Cheese Burrito
Spanish Rice
Roasted Cauliflower
Mango Spears

Goldfish Crackers
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

Shepherd's 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

Breaded Zucchini Sticks
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



TK Menu

September 16- September 20, 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

Whole Grain Cereal
Organic Low Fat Milk
Dried Fruit

**Meatless
Monday!**

Mini Pancakes with
Maple Syrup
Scrambled Eggs
Hash Brown Potatoes
Bananas

Goldfish Crackers
Organic Low-Fat
Yogurt

TUESDAY

Mini Muffins
Organic Low Fat Milk
Sliced Peaches

Chicken Tenders
Macaroni and Cheese
Peas & Carrots
Sliced Grapes

Veggie Tenders
Macaroni and Cheese
Peas & Carrots
Sliced Grapes

Whole Grain Crackers
Cheddar Cheese Slices
Dried Cranberries

WEDNESDAY

Whole Grain
Graham Crackers
Low Fat Organic Milk
Orange Wedges

Swedish Meatballs
Mashed Potatoes
Steamed Broccoli
Pineapple

Veggie Swedish
Meatballs
Mashed Potatoes
Steamed Broccoli
Pineapple

Veggie Straws
Cottage Cheese
Apple Slices

THURSDAY

Organic Low Fat
Yogurt
Granola
Fresh Berries

Bowtie Pasta with
Chicken Alfredo Sauce
Garlic Breadsticks
Green Beans
Honeydew Melon

Bowtie Pasta
with Alfredo Sauce
Garlic Breadsticks
Green Beans
Honeydew Melon

Soy Butter and Jelly
Sandwich
Yogurt Covered
Raisins

FRIDAY

Mini Bagels with
Cream Cheese
Bananas

Whole Wheat Mini
Turkey Pepperoni Pizza
Carrot Sticks with
Ranch Dressing
Mango Spears

Whole Wheat Mini
Cheese Pizza
Carrot Sticks with
Ranch Dressing
Mango Spears

Whole Grain Fig Bars
Organic Low Fat
Yogurt



Gluten Free



Vegetarian

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



TK Menu

September 23 - September 27, 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

Whole Grain Cereal
Low Fat Organic Milk
Orange Wedges

**Meatless
Tuesday!**

Grilled Cheese
Tomato Bisque
Buttered Peas
Cuties

Rice Crackers
Baby Carrots with
Ranch Dipping Sauce
Pineapple chunks

TUESDAY

Mini Muffins
Low Fat Milk
Cantaloupe

Hot Dog Sliders
Roasted Potato
Wedges
Steamed Broccoli
Apple slices

Veggie Hot Dogs
Roasted Potato
Wedges
Steamed Broccoli
Apple slices

Greek Yogurt Cups
Strawberries
Graham Crackers

WEDNESDAY

Cinnamon Sugar
Oatmeal
Low Fat Milk
Bananas

Chicken Fajitas
Spanish Rice
Pinto beans
Grilled Zucchini

Veggie Fajitas
Spanish Rice
Pinto Beans
Grilled Zucchini

Cheese Cubes
Apple Slices
Veggie Straws

THURSDAY

Mini Bagels with
Cream Cheese
Berries

Mini pepperoni pizza
Green Beans
Strawberries

Mini Cheese pizza
Green Beans
Strawberries

Dried Fruit
Pretzels
String Cheese

FRIDAY



**No
School!**

**Fall Break
Day!**



Gluten Free



Vegetarian

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



TK Menu

September 30 - October 4, 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

Whole Grain Cereal
Organic
Low Fat Milk
Dried Fruit

**Meatless
Monday!**

Bowtie Pasta with
Marinara
Garlic Bread Sticks
Steamed Broccoli

Mini Pretzels
String Cheese
Cucumber Slices

TUESDAY

Mini Muffins
Organic Low Fat
Milk
Sliced Peaches

Chicken Quesadilla
Brown Rice
Roasted Cauliflower
Watermelon Wedges

Cheese Quesadilla
Brown Rice
Roasted Cauliflower
Watermelon Wedges

"Ants on a Log"
with Soybutter

WEDNESDAY

Cheerios with
Low Fat Organic Milk
Bananas

Turkey & Cheese
Sandwich
Baked Lays
Fresh Fruit Salad
Baby Carrots

Veggie & Cheese
Sandwich
Baked Lays
Fresh Fruit Salad
Baby Carrots

Applesauce with
Cinnamon
Whole Grain
Graham Crackers

THURSDAY

Organic Low Fat
Yogurt
Granola
Fresh Berries

Orange Chicken
Veggie Fried Rice
Green Beans
Apple Wedges

Orange Tofu
Veggie Fried Rice
Green Beans
Apple Wedges

Goldfish Crackers
Apple Wedges

FRIDAY

Mini Bagels with
Cream Cheese
Bananas

Whole Wheat Mini
Turkey Pepperoni Pizza
Lil Caesar Salad
Mango Spears

Whole Wheat Mini
Cheese Pizza
Lil Caesar Salad
Mango Spears

Whole Grain Fig Bars
Organic Low Fat
Yogurt



Gluten Free



Vegetarian

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



TK Menu

October 7- October 11, 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
Yogurt
Granola
Fresh Berries

**Meatless
Monday!**

Baked Spaghetti
Buttered Peas and
Carrots
Hawaiian Rolls

Applesauce with
Cinnamon
Whole Grain
Graham Crackers

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Bananas

Roast Turkey with Gravy
Stuffing
Steamed Broccoli
Honeydew

Roasted Tofu
Stuffing
Steamed Broccoli
Honeydew

Squeeze Yogurt
Fresh Fruit
Veggie Straws

WEDNESDAY

Croissants
Organic Low Fat
Milk
Sliced Strawberries

French Toast Sticks
with Maple Syrup
Scrambled Eggs
Yogurt Parfait
Fresh Fruit

Diced Deli Turkey
Cheddar Cheese
Crackers

THURSDAY

Breakfast
Quesadilla
Mango Spears

Mini Turkey Corndogs
Baked Potato Wedges
Corn Kernels
Red Grapes

Veggie Hot Dogs
Baked Potato Wedges
Corn Kernels
Red Grapes

Goldfish Crackers
Apple Wedges

FRIDAY

Mini Bagels with
Cream Cheese
Peach Slices

Whole Wheat Mini
Turkey Pepperoni Pizza
Caprese Skewers
Pineapple

Whole Wheat Mini
Cheese Pizza
Caprese Skewers
Pineapple

Baby Carrots with
Ranch Dressing
Blueberries



Gluten Free



Vegetarian

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



TK Menu

October 14- October 18, 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
Yogurt
Granola
Dried Fruit

**Meatless
Monday!**

Veggie Lo Mein
Spring Rolls
Steamed Broccoli
Pineapple

Cottage Cheese
Sliced Peaches
Graham Crackers

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Bananas

Cheese Ravioli
with Meat Sauce
Garlic Bread Sticks
Roasted Cauliflower
Apple Wedges

Cheese Ravioli
with Marinara
Garlic Bread Sticks
Roasted Cauliflower
Apple Wedges

Veggie Straws
Clementines
String Cheese

WEDNESDAY

Raspberry Breakfast
Bread
Low Fat
Organic Milk
Sliced Strawberries

Popcorn Chicken
Tater Tots
Corn Kernels
Watermelon Slices

Veggie Tenders
Tater Tots
Corn Kernels
Watermelon Slices

"Ants on a Log"
with Soybutter

THURSDAY

Mini Bagels
Cream Cheese
Peach Slices

Meatloaf
Mashed Potatoes
with Gravy
Carrots & Peas
Cantaloupe

Impossible "Meatloaf"
Mashed Potatoes
with Gravy
Carrots & Peas
Cantaloupe

Soybutter and Jelly
Sandwich
Apple Wedges

FRIDAY

Low Fat
Organic Milk
Whole Grain Cereal
Bananas

Whole Wheat Mini
Turkey Pepperoni Pizza
Baby Caprese Salad
Red Grapes

Whole Wheat Mini
Cheese Pizza
Baby Caprese Salad
Red Grapes

Cheez-it Crackers
Squeeze Yogurt



Gluten Free



Vegetarian

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



TK Menu

October 21- October 25, 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
Mango Spears

Veggie Straws
Dried Fruit

TUESDAY

Scones
Low Fat Milk
Mixed Berries

Orange Chicken
Steamed Rice
Baby Bok Choy
Red Grapes

Orange Tofu
Steamed Rice
Baby Bok Choy
Red Grapes

Cottage Cheese
Sliced Peaches
Graham Crackers

WEDNESDAY

Maple Cinnamon
Overnight Oats
Low Fat Milk
Bananas

Chicken Apple
Sausage Slider
Macaroni and Cheese
Peas & Carrots
Grapes

Veggie Hot Dogs
Macaroni and Cheese
Peas & Carrots
Grapes

Dried Fruit
Pretzels
String Cheese

THURSDAY

Mini Bagels with
Cream Cheese
Berries

Butter Chicken
Naan Bread
Roasted Broccoli
Mango Spears

Potato Samosas
Naan Bread
Roasted Broccoli
Mango Spears

Soybutter and
Jelly Sandwich
Veggie Straws

FRIDAY

Whole Grain Cereal
Low Fat Organic Milk
Orange Wedges

Mini Pepperoni Pizza
Garlic Bread Sticks
Green Beans
Pears

Mini Cheese Pizza
Garlic Bread Sticks
Green Beans
Pears

Rice Crackers
Baby Carrots with
Ranch Dipping Sauce
Green Apple Slices



Gluten Free



Vegetarian

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



TK Menu

October 28 - November 1, 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



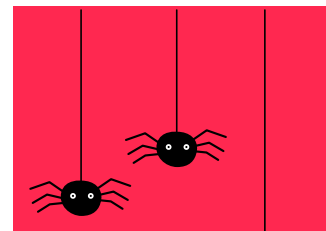
2:00 PM SNACK

1 oz Protein
OR 1/2 Cup Dairy
1/2 Cup Vegetable

MONDAY



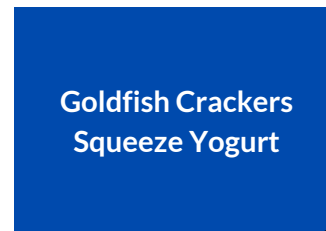
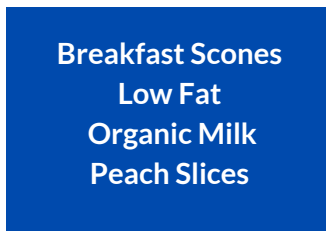
**NO SCHOOL
FALL BREAK DAY!**



TUESDAY



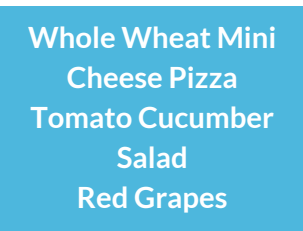
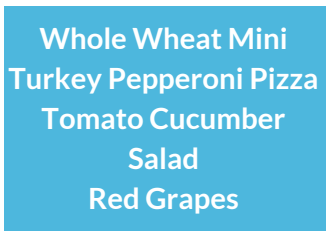
WEDNESDAY



HAPPY HALLOWEEN



FRIDAY



Gluten Free



Vegetarian

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



TK Menu

November 4 - November 8, 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!**

Potato Samosa with
Mango Chutney
Couscous
Fresh Cucumber
Tomato Salad

Pretzels
String Cheese
Dried Fruit

TUESDAY

Broccoli Cheddar
Frittata
Yogurt Cups
Bananas

Roast Chicken
Scalloped Potatoes
Peas & Carrots
Pears

Veggie Tenders
Scalloped Potatoes
Peas & Carrots
Pears

Granola Bar
Squeeze Yogurt
Clementine

WEDNESDAY

Mini Scones
Low Fat
Organic Milk
Peach Slices

Bow Tie Pasta
with Meat Sauce
Breaded Zucchini
Coins
Mango

Bow Tie Pasta
with Marinara
Breaded Zucchini
Coins
Mango

Cubed Turkey and
Cheddar Cheese
Ritz Crackers

THURSDAY

Low Fat
Organic Milk
Whole Grain Cereal
Sliced Pears

Popcorn Shrimp with
Cocktail
Rice Pilaf
Green Beans
Red Grapes

Fishless Fish Filet
Rice Pilaf
Green Beans
Red Grapes

Soybutter and
Banana Sandwich

FRIDAY

Apple Croissant
Low Fat Milk
Fruit Cocktail

Whole Wheat Mini
Turkey Pepperoni Pizza
Baby Antipasto
Watermelon Wedges

Whole Wheat Mini
Cheese Pizza
Baby Antipasto
Watermelon Wedges

Cottage Cheese
with Diced
Pineapples
Graham Crackers



Gluten Free



Vegetarian

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



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



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



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



TK Menu

December 9 - December 13, 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

Fruit Salad
Cottage Cheese
with Granola

**Meatless
Monday!**

Waffles with Maple
Syrup
Hash Brown Potatoes
Scrambled Eggs
Fruit Cocktail

Broccoli Cheddar Soup
with Croutons

TUESDAY

Organic Low Fat Milk
Three Cheese Egg Bites
Orange Wedges

Roasted Chicken
Mashed Sweet
Potatoes
Sauteed Peas
Corn Muffin

Roasted Tofu
Mashed Sweet
Potatoes
Sauteed Peas
Corn Muffin

Squeeze Yogurt
Granola Bar

WEDNESDAY

Organic Low Fat Milk
Mini Muffins
Bananas

Chicken Tikka Masala
Yellow Rice
Potato Samosas
Red Grapes

Chickpea Tikka Masala
Yellow Rice
Potato Samosas
Red Grapes

Cucumber and
Cream Cheese
Pinwheels
Apple Slices

THURSDAY

Organic Low Fat Milk
Soybutter and Jelly
Overnight Oats

Shrimp Scampi
Angel Hair Pasta
Roasted Broccoli
Garlic Bread Sticks

Ratatouille
Angel Hair Pasta
Roasted Broccoli
Garlic Bread Sticks

Chicken Salad with
Whole Wheat
Crackers

FRIDAY

Lemon Breakfast Bread
Fresh Strawberries
Yogurt Cups

Whole Wheat Mini
Turkey Pepperoni Pizza
Veggie Medley
Pear Slices

Whole Wheat Mini
Cheese Pizza
Veggie Medley
Pear Slices

Carrot Sticks with
Ranch Dipping Sauce
Watermelon Wedges



Gluten Free



Vegetarian

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



TK Menu

December 16 - December 20, 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
Broccoli Cheddar
Egg Bites
Peach Slices

**Meatless
Monday!**

Cheese Ravioli
with Marinara
Roasted Zucchini
Garlic Bread

Soybutter and Jelly
Sandwiches
Kiwi

TUESDAY

Organic Low Fat Milk
Whole Grain Cereal
Bananas

Teriyaki Chicken
Skewers
Steamed Rice
Spring Rolls
Mandarin Oranges

Teriyaki Tofu
Steamed Rice
Spring Rolls
Mandarin Oranges

Sliced Turkey and
Avocado Roll Up
or Vegetarian Roll
Up

WEDNESDAY

Organic
Yogurt
Granola Bar
Fresh Berries

Turkey Corn Dogs
Lays Potato Chips
Peas & Carrots
Apple Wedges

Veggie Dog
Lays Potato Chips
Peas & Carrots
Apple Wedges

Soft Pretzel Bites
Dried Fruit
String Cheese

THURSDAY

Cinnamon Raisin
Toast with
Cream Cheese
Fruit Cocktail

Fish Sticks
Scalloped Potatoes
Coleslaw
Green Grapes

Fishless Fish Filet
Scalloped Potatoes
Coleslaw
Green Grapes

Whole Grain
Cheez-Its
Baby Carrots with
Ranch

FRIDAY

Breakfast Scones
Cantaloupe Wedges
Cottage Cheese



Gluten Free



Vegetarian

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



TK Menu

January 6- January 10, 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

Organic
Low Fat Milk
Whole Grain Cereal
Peach Slices

**Meatless
Monday!**

Waffles with Maple
Syrup
Scrambled Eggs
Yogurt and Granola
Parfait

Veggie Straws
String Cheese
Clementines

TUESDAY

Organic
Low Fat Milk
Mini Muffins
Mixed Berries

Chicken Quesadilla
Grilled Corn
Chips & Salsa
Tropical Fruit Salad

Cheese Quesadilla
Grilled Corn
Chips & Salsa
Tropical Fruit Salad

Harker Trail Mix
Apple Wedges

WEDNESDAY

Seasonal Fruit
Maple Cinnamon
Overnight Oats

Sloppy Joe Sliders
Tater Tots
Peas & Carrots
Pear Slices

Impossible Sloppy
Joe Sliders
Tater Tots
Peas & Carrots
Pear Slices

Pretzel Sticks
Cucumber Sticks
Soybutter Dip
Raisins

THURSDAY

Organic
Low Fat Milk
Whole Grain Cereal
Fruit Cocktail

Popcorn Shrimp with
Avocado Ranch
Rice Pilaf
Red Grapes

Battered Cauliflower
with Avocado Ranch
Rice Pilaf
Red Grapes

Turkey and Cheese
Roll-Ups
(Cheese Roll-Ups)
Squeeze Yogurt

FRIDAY

Mini Bagels with
Cream Cheese
Bananas

Whole Wheat Mini
Pepperoni Pizza
Garlic Bread Sticks
Brussel Sprouts
Cantaloupe

Whole Wheat Mini
Cheese Pizza
Garlic Bread Sticks
Brussel Sprouts
Cantaloupe

Granola Bar
Fruit Kabob



Gluten Free



Vegetarian

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



TK Menu

January 13 - January 17, 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

Organic
Low Fat Milk
Mini Muffins
Dried Apple Rings

**Meatless
Monday!**

Breakfast Tacos
Cilantro Lime Rice
Chips with Salsa
Kiwi Fruit Salad

Chicken Salad
with Pita Bread

TUESDAY

Organic
Low Fat Milk
Breakfast Scones
Dried Apricots

Cheese Tortellini
Chicken Alfredo
Dinner Rolls
Green Beans
Honeydew

Cheese Tortellini
Creamy Alfredo
Dinner Rolls
Green Beans
Honeydew

Hummus
Carrot & Celery
Sticks

WEDNESDAY

Seasonal Fruit
Broccoli & Cheddar
Egg Bites

BBQ Turkey
Sweet Potato Fries
Grilled Zucchini
Watermelon

Veggie Tender
Sweet Potato Fries
Grilled Zucchini
Watermelon

Yogurt Parfait with
Granola
Green Grapes

THURSDAY

Organic
Low Fat Milk
Cereal Bars
Pineapple

Teriyaki Chicken
Steamed Rice
Roasted Broccoli
Clementines

Teriyaki Tofu
Steamed Rice
Roasted Broccoli
Clementines

Ranch Popcorn
Yogurt Parfait

FRIDAY

Apple Cinnamon
Oatmeal
Bananas

Whole Wheat Mini
Pepperoni Pizza
Caesar Salad
Pear Slices

Whole Wheat Mini
Cheese Pizza
Caesar Salad
Pear Slices

Egg Salad
Whole Wheat
Crackers
Sliced Cucumbers



Gluten Free



Vegetarian

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



TK Menu

January 20 - January 24, 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



No School!



Happy Martin
Luther King, Jr.
Day

TUESDAY

Organic
Low Fat Milk
Mini Muffins
Dried Apple Rings

Meatless
Tuesday!

Macaroni and Cheese
Hawaiian Roll
Steamed Broccoli
Mixed Berries

Soy Butter Dip
with Graham
Crackers
Pear Slices

WEDNESDAY

Squeezable Yogurt
Nut-Free Trail Mix

Baked Salmon
Mashed Potatoes
Roasted Brussels
Sprouts

Baked Tofu
Mashed Potatoes
Roasted Brussels
Sprouts

Banana Bread
Organic Low Fat
Milk

THURSDAY

Blueberry Overnight
Oats with Granola
Strawberries

Meatball Slider
Roasted Parmesan
Potatoes
Peas and Carrots

Veggie "Meat"ball
Slider
Roasted Parmesan
Potatoes
Peas and Carrots

Whole Grain
Cheez-Its
Baby Carrots with
Ranch

FRIDAY

Organic Low Fat Milk
Whole Grain Cereal
Bananas

Whole Wheat Mini
Pepperoni Pizza
Vegetable Medley
Diced Pineapple

Whole Wheat Mini
Cheese Pizza
Vegetable Medley
Diced Pineapple

Celery Stuffed with
Cream Cheese
Sliced Peaches



Gluten Free



Vegetarian

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



TK Menu

January 27 - January 31, 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

Cottage Cheese
with Sliced Peaches

**Meatless
Monday!**

Bow Ties Pasta with
Pesto Sauce
Garlic Bread
Green Beans

Diced Ham and
Cheese Cubes
Soft Pretzel Bites

TUESDAY

Mini Baagels with
Cream Cheese
Cantaloupe Wedges

Pulled Pork
Scalloped Potatoes
Sautéed Peas
Diced Pineapple

Broccoli Cheddar
Turnover
Scalloped Potatoes
Sautéed Peas
Diced Pineapple

Chex Mix
String Cheese
Baby Carrots

WEDNESDAY

Organic
Low Fat Milk
Whole Grain Cereal
Bananas

Turkey and
Cheese Sandwich
Baked Potato
Wedges
Corn Kernels

Veggie and
Cheese Sandwich
Baked Potato
Wedges
Corn Kernels

Turkey and Cheese
(or Veggie) Pinwheel
Mixed Berries

THURSDAY

Yogurt Parfait with
Granola
Apple Slices

Chicken Parmesan
Wild Rice Pilaf
Roasted Zucchini
Fruit Salad

Veggie Parmesan
Wild Rice Pilaf
Roasted Zucchini
Fruit Salad

White Bean Dip
with Veggie Sticks
Mango Slices

FRIDAY

Organic Low Fat Milk
Raspberry Croissants
Clementines

Whole Wheat Mini
Pepperoni Pizza
Battered Zucchini
Diced Cantaloupe

Whole Wheat Mini
Cheese Pizza
Battered Zucchini
Diced Cantaloupe

Deviled Eggs
Sliced Cucumbers



Gluten Free



Vegetarian

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



TK Menu

February 3 - February 7, 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

Lemon Ricotta Crepes
with Raspberries

**Meatless
Monday!**

French Toast
Scrambled Eggs
Vanilla Yogurt
Orange Wedges

Smashed Avocado with
Tortilla Chips
Dried Pineapple

TUESDAY

Organic Low Fat
Milk
Mini Muffins
Diced Honeydew

Lemon Pepper Chicken
Mashed Potatoes
Peas and Carrots
Diced Cantaloupe

Lemon Pepper Tofu
Mashed Potatoes
Peas and Carrots
Diced Cantaloupe

Cheese Cubes with
Salami and Sliced
Bell Peppers

WEDNESDAY

Cinnamon Apple
Oatmeal
Bananas

Hot Dog Sliders
Carrots & Celery with
Ranch
Sliced Apples

Veggie Hot Dogs
Carrots & Celery with
Ranch
Sliced Apples

Egg Salad
Wheat Thins
Cherry Tomatoes

THURSDAY

Soy Butter and Jelly
on Wheat Bread
Toast

Chicken Dumplings
Steamed Rice
Roasted Broccoli
Orange Slices

Vegetarian Spring Rolls
Steamed Rice
Roasted Broccoli
Orange Slices

Rice Cakes with
Turkey and Cheese
Broccoli Florets

FRIDAY

Organic Low Fat Milk
Breakfast Cereal
Dried Fruit Mix

Whole Wheat Mini
Pepperoni Pizza
Caesar Salad
Red Grapes

Whole Wheat Mini
Cheese Pizza
Caesar Salad
Red Grapes

Strawberry Yogurt Dip
Graham Crackers and
Apple Slices



Gluten Free



Vegetarian

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



TK Menu

February 17 - February 21, 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



No
School!



TUESDAY

Organic Low Fat Milk
Breakfast Cereal
Bananas

Meatless
Monday!

Potato Samosas
Steamed Rice
Roasted Cauliflower
Diced Pineapple

Celery and Carrot
Sticks with Cream
Cheese Dip

WEDNESDAY

Low Fat Yogurt
Mini Scones
Sliced Peaches

Whole Wheat Chicken
Caesar Wraps
Tomato Soup
Melon Salad

Whole Wheat Veggie
Caesar Wraps
Tomato Soup
Melon Salad

Pineapple Chia Seed
Pudding

THURSDAY

Garden Vegetable
Egg Bites
Clementines

Homemade Turkey
Meatballs
Scalloped Potatoes
Green Beans
Orange Wedges

Impossible Meatballs
Scalloped Potatoes
Green Beans
Orange Wedges

Turkey Roll Up or
Cucumber Cream
Cheese Roll Up
Fruit Cocktail

FRIDAY

Mini Apple
Croissant
Squeezable Yogurt

Whole Wheat Mini
Pepperoni Pizza
Italian Pasta Salad
Kiwi Wedges

Whole Wheat Mini
Cheese Pizza
Italian Pasta Salad
Kiwi Wedges

Popcorn with Dried
Cranberries and Dried
Blueberries



Gluten Free



Vegetarian

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



TK Menu

February 24 - February 28, 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

Low Fat Organic Milk
Breakfast Cereal
Melon Slices

**Meatless
Monday!**

Mini Pancakes
Breakfast Potatoes
Sautéed Apples

Harker Trail Mix
with Yogurt Covered
Raisins

TUESDAY

Egg and Cheese on
English Muffin
Clementines

Shrimp Stir Fry
Lo Mein
Spring Rolls
Pineapple Spears

Tofu Stir Fry
Lo Mein
Spring Rolls
Pineapple Spears

Graham Crackers
with Yogurt Dip

WEDNESDAY

Organic Low Fat Milk
Blueberry Muffins

Turkey Tacos
Cilantro Lime Rice
Pinto Beans
Red Grapes

Bean and Cheese
Burritos
Cilantro Lime Rice
Pinto Beans
Red Grapes

String Cheese
Pretzels
Dried Fruits

THURSDAY

Soy Butter on Toast
Mixed Berries

Grilled Cheese
Apple Chips
Roasted Broccoli
Sliced Peaches

Tuna Salad or Egg
Salad with Crackers

FRIDAY

Mini Bagels with
Cream Cheese
Apple Slices

Whole Wheat Mini
Pepperoni Pizza
Garden Salad
Watermelon Slices

Whole Wheat Mini
Cheese Pizza
Garden Salad
Watermelon Slices

Hummus with Crudité
and Naan



Gluten Free



Vegetarian

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



TK Menu

March 3 - March 7, 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

Low Fat Organic Milk
Oatmeal
Sliced Peaches

**Meatless
Monday!**

Cheese Quesadilla
Spanish Rice
Pinto Beans
Tropical Fruit Salad

Cubed Turkey and
Cheddar Cheese Ritz
Crackers

TUESDAY

Mini Vegetable
Quiche
Diced Cantaloupe

Bow Tie Pasta
Meat Sauce
Garlic Bread Sticks
Roasted Mushrooms

Bow Tie Pasta
Marinara Sauce
Garlic Bread Sticks
Roasted Mushrooms

Greek Yogurt Cups
Mixed Berries
Graham Crackers

WEDNESDAY

Cottage Cheese
with Strawberry
Preserves
Graham Crackers

Oven Roasted Turkey
Mashed Potatoes
Zucchini
Mixed Berries

Roasted Tofu
Mashed Potatoes
Zucchini
Mixed Berries

Smashed Avocado
Veggie Chips
Pear Slices

THURSDAY

French Toast
with Soy Butter
Bananas

Grilled Chicken
Savory Couscous
Roasted Brussels
Sprouts
Watermelon

Veggie Tenders
Savory Couscous
Roasted Brussels
Sprouts
Watermelon

Soft Pretzels with
Cheese Sauce
Celery Sticks

FRIDAY

Mini Bagels with
Cream Cheese
Cantaloupe Wedges

Whole Wheat Mini
Pepperoni Pizza
Tomato Cucumber
Salad
Orange Wedges

Whole Wheat Mini
Cheese Pizza
Tomato Cucumber
Salad
Orange Wedges

Fruit and Cheese
Skewers
Vanilla Yogurt Dip



Gluten Free



Vegetarian

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



TK Menu

March 10 - March 14, 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

Low Fat Organic Milk
Whole Grain Cereal
Blueberries

**Meatless
Monday!**

Baked Potato
Vegetarian Chili
Roasted Corn Kernels
Diced Pineapple

Goldfish Crackers
Red Grapes

TUESDAY

Mini
Squeezable Yogurt
Bananas

Chicken Stroganoff
Egg Noodles
Peas and Carrots
Diced Cantaloupe

Veggie Meatball
Egg Noodles
Peas and Carrots
Diced Cantaloupe

Ham (Veggie) and
Cheese Pinwheels
Apple Slices

WEDNESDAY

Breakfast
Quesadillas
Mango Spears

Pulled Pork
Rice Pilaf
Green Beans
Orange Wedges

Roasted Tofu
Rice Pilaf
Green Beans
Orange Wedges

Broccoli and
Cauliflower with
Honey Mustard
String Cheese

THURSDAY

Granola and Mixed
Berries

Turkey and Cheese
Sandwich
Veggie Chips
Caprese Salad
Strawberries

Veggie and Cheese
Sandwich
Veggie Chips
Caprese Salad
Strawberries

Ants on a Log
Harker Trail Mix

FRIDAY

Mini Muffins
Organic Low Fat
Milk
Orange Wedges

Whole Wheat Mini
Pepperoni Pizza
Garden Salad
Watermelon

Whole Wheat Mini
Cheese Pizza
Garden Salad
Watermelon

Cottage Cheese with
Wheat Thins, Sliced
Cucumbers, and Carrot
Sticks



Gluten Free



Vegetarian

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



TK Menu

March 17- March 21, 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

Low Fat Organic Milk
Lemon Poppy Seed
Bread
Strawberries

**Meatless
Monday!**

Cheese Tortellini with
Marinara Sauce
Battered Zucchini
Garden Salad
Orange Wedges

Harker Trail Mix
Celery Sticks with
Ranch

TUESDAY

Peach Yogurt Parfait
with Granola

Ground Turkey Tacos
Spanish Rice
Elote Corn Kernels
Mango Spears

Impossible Tacos
Spanish Rice
Elote Corn Kernels
Mango Spears

Avocado Dip with
Tortilla Chips
String Cheese

WEDNESDAY

Breakfast Cereal
Low Fat Organic
Milk
Bananas

Orange Chicken
Vegetable Lo Mein
Roasted Broccoli
Diced Pineapple

Orange Tofu
Vegetable Lo Mein
Roasted Broccoli
Diced Pineapple

Diced Turkey
Spinach Dip
Crostinis

THURSDAY

Soy Butter and Jelly
Overnight Oats
Raspberry Kiwi Fruit
Salad

Belgian Waffles
Chicken Apple
Sausage
Breakfast Potatoes
Diced Cantaloupe

Belgian Waffles
Veggie Sausage
Breakfast Potatoes
Diced Cantaloupe

Soft Pretzel Bites
String Cheese
Baby Carrots

FRIDAY

Breakfast Bar
Cottage Cheese
Diced Honeydew

Whole Wheat Mini
Pepperoni Pizza
Pasta Salad
Mandarin Oranges

Whole Wheat Mini
Cheese Pizza
Pasta Salad
Mandarin Oranges

Apple Sauce
Graham Crackers



Gluten Free



Vegetarian

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



TK Menu

March 24 - March 28, 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

Yogurt Parfait with
Granola and
Raspberries

**Meatless
Monday!**

Bean and Cheese
Burritos
Cilantro Lime Rice
Pinto Beans

Cucumber Tea
Sandiwches
Clementines

TUESDAY

Rice Cakes with
Cream Cheese, Honey,
and Blueberries

Cheese Lasagna
Roasted Squash
Medley
Garlic Bread Sticks

Fruit Salsa with
Cinnamon Chips
Cottage Cheese

WEDNESDAY

Breakfast Flatbread
Low Fat Organic
Milk
Cantaloupe

BBQ Pulled Pork
Mashed Sweet Potatoes
Brussel Sprouts
Corn Muffin
Apple Slices

BBQ Tofu
Mashed Sweet Potatoes
Brussel Sprouts
Corn Muffin
Apple Slices

Chicken and Grape
Salad with Whole
Wheat Crackers

THURSDAY

Mini Muffins
Organic Low Fat
Milk
Bananas

Coconut Shrimp
Fried Rice
Steamed Broccoli
Mango Spears

Veggie Tenders
Fried Rice
Steamed Broccoli
Mango Spears

Cheese Cubes,
Celery, and Carrot
Sticks with Ranch
Dip

FRIDAY

Mini Quiche
Mixed Berries

Whole Wheat Mini
Pepperoni Pizza
Tomato Basil Bisque
Caesar Salad

Whole Wheat Mini
Cheese Pizza
Tomato Basil Bisque
Caesar Salad

Toast with Soybutter,
Strawberries, and
Bananas



Gluten Free



Vegetarian

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All Meals Served with Organic Low-Fat Milk



TK Menu

April 7- April 11, 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

Brown Sugar
Cinnamon Oatmeal
Low Fat Milk
Dried Apricots

**Meatless
Monday!**

Pasta with Alfredo
Sauteed Green Beans
Caesar Salad
Garlic Breadsticks

Pretzels
Apple Slices
String Cheese

TUESDAY

French Toast Sticks
Yogurt
Raspberries

Chicken Cordon Blue
Mashed Potatoes
Peas and Carrots
Orange Wedges

Vegetable Quiche
Mashed Potatoes
Peas and Carrots
Orange Wedges

Trail Mix with
Dried Fruit

WEDNESDAY

Banana Bread
Low Fat Organic
Milk
Cantaloupe

Lemon Herb Salmon
Couscous
Steamed Broccoli
Diced Honeydew

Roasted Tofu
Couscous
Steamed Broccoli
Diced Honeydew

Smashed Avocado
with Tortilla Chips
Kiwi Wedges

THURSDAY

Yogurt with Granola
and Mixed Berries
Graham Crackers

Orange Chicken
Steamed Rice
Baby Bok Choy
Diced Pineapple

Jackfruit Potstickers
Steamed Rice
Baby Bok Choy
Diced Pineapple

Charcuterie Board
with Salami, Sliced
Cheese, and Grapes

FRIDAY

Egg and Cheese
Breakfast Sandwich
Low Fat Milk
Watermelon Slices

Whole Wheat Mini
Pepperoni Pizza
Strawberry Spinach
Salad

Whole Wheat Mini
Cheese Pizza
Strawberry Spinach
Salad

Banana Dipped in
Soy Butter



Gluten Free



Vegetarian

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All Meals Served with Organic Low-Fat Milk



TK Menu

April 14 - April 18, 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

Yogurt Parfait
with Granola
Mixed Berries

**Meatless
Monday!**

Belgian Waffles
Scrambled Eggs
Hash Browns
Mixed Berries

Applesauce with
Cinnamon
Whole Grain Graham
Crackers

TUESDAY

Whole Grain Cereal
Organic
Low Fat Milk
Bananas

Chicken Pot Pie
Garden Salad
Diced Cantaloupe

Veggie Pot Pie
Garden Salad
Diced Cantaloupe

Italian Pasta Salad
Sliced Pear

WEDNESDAY

Broccoli Cheddar
Omelet Bites
Red Grapes

Beef Hamburgers
Ranch Potatoes
Corn Kernels
Orange Wedges

Vegetarian Pigs in a
Blanket
Ranch Potatoes
Corn Kernels
Orange Wedges

Turkey and Cheese
Pinwheels
Baby Carrots with
Ranch

THURSDAY

Mini Bagels
Cream Cheese
Fruit Cocktail

Maple Glazed Ham
Macaroni and Cheese
Sweet Peas
Diced Pineapple

Veggie Meatballs
Macaroni and Cheese
Sweet Peas
Diced Pineapple

Sliced Cucumbers and
Tomatoes with Fresh
Mozzarella and
Crostinis

FRIDAY

Breakfast Scones
Low Fat Milk
Melon Fruit Salad

Whole Wheat Mini
Pepperoni Pizza
Greek Salad
Watermelon Slices

Whole Wheat Mini
Cheese Pizza
Greek Salad
Watermelon Slices

Fruit Skewers with
Yogurt Dip



Gluten Free



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All Meals Served with Organic Low-Fat Milk



TK Menu

April 21 - April 25, 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

Cream Cheese and
Jelly on a Bagel
Low Fat Organic Milk

**Meatless
Monday!**

Cheese Enchiladas
Spanish Rice
Chips with Salsa
Mango Spears

Ants on a Logs
Goldfish Crackers

TUESDAY

Biscuits with Sausage,
Egg, and Cheese
Mixed Grapes

Ground Beef Tacos
Cilantro Lime Rice
Grilled Corn Kernels
Diced Pineapple

Soyrizo Taco
Cilantro Lime Rice
Grilled Corn Kernels
Diced Pineapple

Petzels with
Hummus
Celery Sticks

WEDNESDAY

Avocado Toast
Yogurt Cups
Bananas

Chicken Tikka Masala
Couscous
Roasted Cauliflower
Grilled Naan

Falafel with Tzatziki
Couscous
Roasted Cauliflower
Fresh Strawberries

Popcorn
Dried Fruit
Carrot Sticks with
Ranch

THURSDAY

Whole Grain Cereal
Low Fat Organic
Milk
Blueberries

Miso Glazed Turkey
Mashed Potatoes
Roasted Zucchini
Cantaloupe Wedges

Roasted Tofu
Mashed Potatoes
Roasted Zucchini
Cantaloupe Wedges

Chicken Salad with
Crackers
Broccoli Florets

FRIDAY

Mini Muffins
String Cheese
Apple Slices

Whole Wheat Mini
Pepperoni Pizza
Tortellini Salad
Sliced Kiwi

Whole Wheat Mini
Cheese Pizza
Tortellini Salad
Sliced Kiwi

Veggie Chips with
Ranch Dip
Mango Spears



Gluten Free



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TK Menu

April 28 - May 2, 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

Breakfast Bars
Yogurt Cups
Bananas

**Meatless
Monday!**

Potato Samosas
Yellow Rice
Roasted Cauliflower
Diced Pineapple

Apple Slices
Cheddar Cheese
Diced Turkey

TUESDAY

Sliced Peaches
Cottage Cheese
Whole Wheat Graham
Crackers

Turkey Burger
Kettle Chips
Garden Salad
Watermelon Slices

Veggie Burger
Kettle Chips
Garden Salad
Watermelon Slices

Cheese Sandwich
Cucumber Slices

WEDNESDAY

Breakfast Scones
Organic Low Fat
Milk
Cantaloupe

Teriyaki Chicken
Steamed Rice
Glazed Carrots
Fresh Strawberries

Veggie Tenders
Steamed Rice
Glazed Carrots
Fresh Strawberries

Fruit Skewers
Yogurt Dip

THURSDAY

Whole Grain Cereal
Low Fat Organic
Milk
Blueberries

Pulled Pork
Mashed Sweet
Potatoes
Green Beans
Orange Wedges

BBQ Tofu
Mashed Sweet
Potatoes
Green Beans
Orange Wedges

Soybutter and Jelly
Pinwheels
Diced Pineapple

FRIDAY

Broccoli Cheddar
Egg Bites
Clementines

Whole Wheat Mini
Pepperoni Pizza
Caesar Salad
Mango Spears

Whole Wheat Mini
Cheese Pizza
Caesar Salad
Mango Spears

Frozen Berry Yogurt
Bites
Goldfish Crackers



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TK Menu

MAY 5 - MAY 9, 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

Blueberry Breakfast
Loaf
String Cheese
Red Grapes

**Meatless
Monday!**

Pasta with Marinara
Roasted Broccoli
Garlic Breadsticks
Diced Cantaloupe

Nut Free Trail Mix
Celery with Soy Butter

TUESDAY

Brown Sugar Oatmeal
Mixed Berries
Organic Low Fat Milk

Battered Fish
Macaroni and Cheese
Peas and Carrots
Diced Watermelon

Battered Fishless Fish
Macaroni and Cheese
Peas and Carrots
Diced Watermelon

Cucumber and Baby
Carrots with Ranch
Goldfish Crckers

WEDNESDAY

Breakfast Cereal
Organic Low Fat
Milk
Clementines

Cheese Omelet
Bacon
Breakfast Potatoes
Diced Pineapple

Cheese Omelet
Veggie Sausage
Breakfast Potatoes
Diced Pineapple

Vegetarian Pasta
Salad
Diced Chicken

THURSDAY

Soy Butter and Jelly
Toast with Bananas
Yogurt Cups

Cheese Quesadillas
Spanish Rice
Chips wit Smashed
Avocado
Orange Slices

Soft Pretzel Bites
Cheddar Cheese
Sauce

FRIDAY

Apple Croissant
Cottage Cheese

Whole Wheat Mini
Pepperoni Pizza
Vegetable Soup
Cucumber Tomato
Salad

Whole Wheat Mini
Cheese Pizza
Vegetable Soup
Cucumber Tomato Salad

Turkey and Cheese
Roll ups (or
Cucumber and
Cream Cheese)
Sliced Apples



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All Meals Served with Organic Low-Fat Milk



TK Menu

May 13 - May 17, 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

Mini Muffins
Yogurt Cups with
Granola

**Meatless
Monday!**

French Toast
Scrambled Eggs
Vanilla Yogurt
Mango Spears

Egg Salad with
Crackers, Baby
Carrots, and Celery
Sticks

TUESDAY

Mini Bagels with Cream
Cheese
Mixed Berries

Chicken Quesadillas
Cilantro Lime Rice
Buttered Corn
Diced Pineapple

Cheese Quesadillas
Cilantro Lime Rice
Buttered Corn
Diced Pineapple

Smashed Avocados
with Tortilla Chips
Sliced Apples

WEDNESDAY

Breakfast Cereal
Organic Low Fat
Milk
Bananas

Swedish Meatball
Mashed Potatoes
Peas and Carrots
Cantaloupe Slices

Veggie Tenders
Mashed Potatoes
Peas and Carrots
Cantaloupe Slices

Fruit Kabobs with
Yogurt Dip

THURSDAY

Breakfast Scones
String Cheese
Fruit Salad

Teriyaki Chicken
Lo Mein
Roasted Broccoli
Clementines

Teriyaki Tofu
Lo Mein
Roasted Broccoli
Clementines

Hummus with Pita
Bread

FRIDAY

Mini Cheese
Quiche

Whole Wheat Mini
Pepperoni Pizza
Celery Sticks
with Ranch

Whole Wheat Mini
Cheese Pizza
Celery Sticks
with Ranch

Cheese Cubes with
Grapes, Pretzels, and
Salami

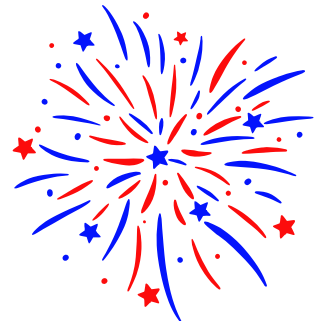


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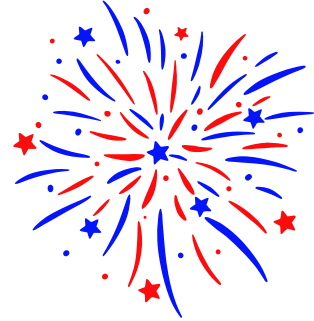
Vegetarian

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



TK Menu

May 27 - May 31, 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

**MEMORIAL
DAY**



**NO
SCHOOL**

TUESDAY

Mini Scones
Organic Low Fat Milk
Fresh Strawberries

**Meatless
Tuesday!**

Grilled Cheese
Tomato Soup
Glazed Carrots

**Watermelon
Wedges**

WEDNESDAY

Fruit Salad
Mini Bagels with
Cream Cheese

Bowtie Pasta
Meat Sauce
Grilled Zucchini
Orange Wedges

Bowtie Pasta
Marinara
Grilled Zucchini
Orange Wedges

Berry Banana Salad
Popcorn

THURSDAY

Breakfast Quesadilla
Organic Low Fat
Milk

Chicken Tenders
French Fries
Roasted Broccoli
Diced Cantaloupe

Veggie Tenders
French Fries
Roasted Broccoli
Diced Cantaloupe

Carrot and Celery
Sticks with Ranch
Organic Low Fat
Milk

FRIDAY



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