



# TK Menu

May 18 - May 22, 2026


## 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

Banana Bread  
Cottage Cheese  
Diced Peaches

**Meatless  
Monday!**

Grilled Cheese  
Tomato Soup  
Glazed Carrots  
Diced Pineapple

Ants on a Log  
Goldfish Crackers

TUESDAY

Soybutter and  
Banana Toast  
Organic Low Fat Milk

Turkey Pot Pie  
Mashed Potatoes  
Green Beans  
Mango Spears

Veggie Pot Pie  
Mashed Potatoes  
Green Beans  
Mango Spears

Battered Cauliflower  
with Ranch Dip  
Diced Watermelon

WEDNESDAY

Fruit Salad  
Raspberry Fig Bars  
Vanilla Yogurt

Bowtie Pasta  
Meat Sauce  
Grilled Zucchini  
Orange Wedges

Bowtie Pasta  
Marinara  
Grilled Zucchini  
Orange Wedges

Cheese Quesadillas  
Strawberries

THURSDAY

French Toast Sticks  
Organic Low Fat Milk  
Fresh Strawberries

Turkey Dogs  
French Fries  
Roasted Broccoli  
Diced Cantaloupe

Veggie Dogs  
French Fries  
Roasted Broccoli  
Diced Cantaloupe

Carrot and Celery  
Sticks with  
Hummus  
Sliced Pears

FRIDAY

Whole Grain Cereal  
Organic Low Fat Milk  
Bananas

Whole Wheat Mini  
Pepperoni Pizza  
Caesar Salad  
Mixed Berries

Whole Wheat Mini  
Cheese Pizza  
Caesar Salad  
Mixed Berries

Pretzel Bites with  
Cream Cheese Dip  
Watermelon  
Wedges



Gluten Free



Vegetarian

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