



# TK Menu

June 1 - June 5, 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

Mini Blueberry Muffins  
Organic Low Fat Milk  
Fresh Strawberries

**Meatless Monday!**

French Toast Sticks  
Scrambled Eggs  
Hash Browns  
Mango Spears

Pretzel Bites with Cheddar Sauce  
Watermelon Wedges

TUESDAY

Whole Grain Cereal  
Organic Low Fat Milk  
Bananas

Teriyaki Chicken Bao Buns  
Veggie Fried Rice  
Glazed Carrots

Teriyaki Tofu Bao Buns  
Veggie Fried Rice  
Glazed Carrots

Smashed Avocados with Tortilla Chips  
Sliced Apples

WEDNESDAY

Fruit Salad  
Mini Bagels with Cream Cheese

Whole Wheat Mini Pepperoni Pizza  
Caesar Salad  
Mixed Berries

Whole Wheat Mini Cheese Pizza  
Caesar Salad  
Mixed Berries

Nut Free Trail Mix  
Bananas

THURSDAY



Orange Chicken  
Basmati Rice  
Vegetable Spring Rolls  
Diced Pineapple

Orange Tofu  
Basmati Rice  
Vegetable Spring Rolls  
Diced Pineapple



## Have a Great Summer!

FRIDAY

