



TK Menu

April 22 - April 26, 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

Cream Cheese and Jelly
on a Bagel
Low Fat Organic Milk

**Meatless
Monday!**

Maccaroni and Cheese
Hawaiian Dinner Roll
Roasted Broccoli
Mixed Berries

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

Impossible Taco
Cilantro Lime Rice
Grilled Corn Kernels
Diced Pineapple

Petzels with
Hummus
Celery Sticks

WEDNESDAY

Avocado Toast
Yogurt Cups
Bananas

Chicken Tikka Masala
Couscous
Wilted Spinach
Grilled Naan

Falafel
Couscous
Wilted Spinach
Fresh Strawberries

Popcorn
Dried Fruit
Carrot Sticks with
Ranch

THURSDAY

Whole Grain Cereal
Low Fat Organic
Milk
Blueberries

Miso Glazed Pork Loin
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



Vegetarian

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