



TK Menu

April 15 - April 19, 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

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

All Beef Hot Dog
Ranch Potatoes
Roasted Brussel Sprouts
Orange Wedges

Vegetarian Pigs in a
Blanket
Ranch Potatoes
Roasted Brussel Sprouts
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

Roasted Tofu
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

Egg Salad with
Whole Wheat
Crackers
Strawberries



Gluten Free



Vegetarian

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