



TK Menu

April 8 - April 12, 2023


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

Potato Samosas
Couscous
Steamed Broccoli
Diced Honeydew

Smashed Avocado
with Tortilla Chips
Kiwi Wedges

THURSDAY

Yogurt with Granola
and Mixed Berries
Graham Crackers

Sesame Chicken
Steamed Rice
Baby Bok Choy
Diced Pineapple

Sesame Crusted Tofu
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

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