



TK Menu

March 25 - March 29, 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 and
Raspberries

**Meatless
Monday!**

Bean and Cheese
Burritos
Cilantro Lime Rice
Pinto Beans

Cucumber Tea
Sandiwches
Clementines

TUESDAY

Rice Cakes with
Cream Cheese, Honey,
and Blueberries

Beef Lasagna
Roasted Squash
Medley
Garlic Bread Sticks

Cheese Lasagna
Roasted Squash
Medley
Garlic Bread Sticks

Cheese Cubes,
Celery, and Carrot
Sticks with Ranch
Dip

WEDNESDAY

Breakfast Flatbread
Low Fat Organic
Milk
Cantaloupe

BBQ Pulled Pork
Mashed Sweet Potatoes
Brussel Sprouts
Corn Muffin
Apple Slices

BBQ Veggie Tenders
Mashed Sweet Potatoes
Brussel Sprouts
Corn Muffin
Apple Slices

Chicken and Grape
Salad with Whole
Wheat Crackers

THURSDAY

Mini Muffins
Organic Low Fat
Milk
Bananas

Coconut Shrimp
Fried Rice
Steamed Broccoli
Mango Spears

Roasted Tofu
Fried Rice
Steamed Broccoli
Mango Spears

Fruit Salsa with
Cinnamon Chips
Cottage Cheese

FRIDAY

Mini Quiche
Mixed Berries

Whole Wheat Mini
Pepperoni Pizza
Tomato Basil Bisque
Caesar Salad

Whole Wheat Mini
Cheese Pizza
Tomato Basil Bisque
Caesar Salad

Toast with Soybutter,
Strawberries, and
Bananas



Gluten Free



Vegetarian

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