



TK Menu

May 6 - May 10, 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

Blueberry Breakfast
Loaf
String Cheese
Red Grapes

**Meatless
Monday!**

Pasta with Marinara
Roasted Broccoli
Garlic Breadsticks
Diced Cantaloupe

Nut Free Trail Mix
Celery with Soy Butter

TUESDAY

Brown Sugar Oatmeal
Mixed Berries
Organic Low Fat Milk

Battered Fish
Macaroni and Cheese
Peas and Carrots
Diced Watermelon

Battered Fishless Fish
Macaroni and Cheese
Peas and Carrots
Diced Watermelon

Cucumber and Baby
Carrots with Ranch
Goldfish Crckers

WEDNESDAY

Breakfast Cereal
Organic Low Fat
Milk
Clementines

Cheese Omelet
Bacon
Breakfast Potatoes
Diced Pineapple

Cheese Omelet
Veggie Sausage
Breakfast Potatoes
Diced Pineapple

Vegetarian Pasta
Salad
Diced Chicken

THURSDAY

Soy Butter and Jelly
Toast with Bananas
Yogurt Cups

Cheese Enchiladas
Spanish Rice
Corn Kernels
Mango Spears

Soft Pretzel Bites
Cheddar Cheese
Sauce

FRIDAY

Apple Croissant
Cottage Cheese

Whole Wheat Mini
Pepperoni Pizza
Vegetable Soup
Cucumber Tomato
Salad

Whole Wheat Mini
Cheese Pizza
Vegetable Soup
Cucumber Tomato Salad

Turkey and Cheese
Roll ups (or
Cucumber and
Cream Cheese)
Sliced Apples



Gluten Free



Vegetarian

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