



# 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