



TK Menu

April 29 - May 3, 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

Breakfast Bars
Yogurt Cups
Bananas

Meatless Monday!

Bean and Cheese
Burritos
Spanish Rice
Pinto Beans
Diced Pineapple

Apple Slices
Cheddar Cheese
Diced Turkey

TUESDAY

Sliced Peaches
Cottage Cheese
Whole Wheat Graham
Crackers

Roasted Chicken
Rice Pilaf
Glazed Carrots
Fresh Strawberries

Veggie Tenders
Rice Pilaf
Glazed Carrots
Fresh Strawberries

Cheese Sandwich
Cucumber Slices

WEDNESDAY

Breakfast Scones
Organic Low Fat
Milk
Cantaloupe

Turkey Burger
Kettle Chips
Garden Salad
Watermelon Slices

Veggie Burger
Kettle Chips
Garden Salad
Watermelon Slices

Fruit Skewers
Yogurt Dip

THURSDAY

Whole Grain Cereal
Low Fat Organic
Milk
Blueberries

Pulled Pork
Mashed Sweet
Potatoes
Green Beans
Orange Wedges

Impossible Meatballs
Mashed Sweet
Potatoes
Green Beans
Orange Wedges

Ham and Cheese
Pinwheels
Diced Pineapple

FRIDAY

Broccoli Cheddar
Egg Bites
Clementines

Whole Wheat Mini
Pepperoni Pizza
Caesar Salad
Mango Spears

Whole Wheat Mini
Cheese Pizza
Caesar Salad
Mango Spears

Frozen Berry Yogurt
Bites
Goldfish Crackers



Gluten Free



Vegetarian

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