



TK Menu

January 26- January 30, 2026


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

Fruit Salad
Cottage Cheese
with Granola

**Meatless
Monday!**

Waffles with Maple
Syrup
Hash Brown Bites
Scrambled Eggs
Fruit Cocktail

Broccoli Cheddar
Soup with Croutons

TUESDAY

Organic Low Fat Milk
Three Cheese Egg
Bites
Orange Wedges

Roasted Turkey
Mashed Sweet
Potatoes
Sauteed Peas
Corn Muffin

Roasted Tofu
Mashed Sweet
Potatoes
Sauteed Peas
Corn Muffin

Squeeze Yogurt
Granola Bar

WEDNESDAY

Organic Low Fat
Milk
Mini Muffins
Bananas

Chicken Tikka
Masala
Yellow Rice
Potato Samosas
Red Grapes

Chickpea Tikka
Masala
Yellow Rice
Potato Samosas
Red Grapes

Cucumber and
Cream Cheese
Pinwheels
Apple Slices

THURSDAY

Organic Low Fat Milk
Soybutter and Jelly
Overnight Oats

Turkey Bolognese
Angel Hair Pasta
Roasted Broccoli
Garlic Bread Sticks

Ratatouille
Angel Hair Pasta
Roasted Broccoli
Garlic Bread Sticks

Chicken or Egg
Salad with Whole
Wheat Crackers

FRIDAY

Lemon Breakfast
Bread
Fresh Strawberries
Yogurt Cups

Whole Wheat Mini
Turkey Pepperoni
Pizza
Veggie Medley
Pear Slices

Whole Wheat Mini
Cheese Pizza
Veggie Medley
Pear Slices

Carrot Sticks with
Ranch Dipping Sauce
Melon Wedges



Gluten Free



Vegetarian

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