



# TK Menu

February 2 - February 6, 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

Egg and Cheese on  
English Muffin  
Clementines

**Meatless  
Monday!**

Cheese Lasagna  
Garlic Bread  
Green Beans

Smashed Avocado  
with  
Tortilla Chips  
Dried Pineapple

TUESDAY

Cinnamon Apple  
Oatmeal  
Bananas

Chicken Tenders  
Mashed Potatoes  
Peas and Carrots  
Diced Cantaloupe

Veggie Tenders  
Mashed Potatoes  
Peas and Carrots  
Diced Cantaloupe

Strawberry Yogurt  
Dip  
Graham Crackers and  
Apple Slices

WEDNESDAY

Organic Low Fat  
Milk  
Mini Muffins  
Diced Honeydew

Hot Dog Sliders  
Tater Tots  
Baby Carrots  
Sliced Pears

Veggie Hot Dogs  
Tater tots  
Baby Carrots  
Sliced Pears

Pretzel Bites with  
Cheddar Sauce  
Celery Sticks

THURSDAY

Soy Butter and  
Jelly on Wheat  
Bread  
Toast

Chicken Potstickers  
Steamed Rice  
Roasted Broccoli  
Orange Slices

Vegetarian  
Potstickers  
Steamed Rice  
Roasted Broccoli  
Orange Slices

Cheese Pinwheels  
Broccoli Florets  
with Ranch

FRIDAY

Organic Low Fat Milk  
Breakfast Cereal  
Dried Fruit Mix

Whole Wheat Mini  
Pepperoni Pizza  
Caesar Salad  
Red Grapes

Whole Wheat Mini  
Cheese Pizza  
Caesar Salad  
Red Grapes

Egg Salad  
Wheat Thins  
Cucumber Slices



Gluten Free



Vegetarian

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