



TK Menu

October 13 - October 17, 2025


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

Organic Low Fat
Yogurt
Granola
Fresh Berries

**Meatless
Monday!**

Bean and Cheese
Burritos
Spanish Rice
Seasoned Corn

Chia Seed
Coconut Pudding
Whole Grain
Graham Crackers

TUESDAY

Whole Grain Cereal
Low Fat Organic Milk
Bananas

Roast Turkey with Gravy
Herb Stuffing
Steamed Broccoli
Honeydew

Roasted Tofu
Herb Stuffing
Steamed Broccoli
Honeydew

Squeeze Yogurt
Fresh Fruit
Veggie Straws

WEDNESDAY

Croissants
Organic Low Fat
Milk
Sliced Strawberries

Spaghetti and Chicken
Meatballs
Grilled Zucchini
Watermelon

Spaghetti and Veggie
'Meat'balls
Grilled Zucchini
Watermelon

Cheddar Cheese Curd
Whole Wheat
Crackers
Orange Slices

THURSDAY

Breakfast
Quesadilla
Mango Spears

Turkey Hotdogs
Baked Potato Wedges
Buttered Peas
Red Grapes

Veggie Hot Dogs
Baked Potato Wedges
Buttered Peas
Red Grapes

Goldfish Crackers
Apple Wedges with
Wow Butter Dip

FRIDAY

Mini Bagels with
Cream Cheese
Peach Slices

Whole Wheat Mini
Turkey Pepperoni Pizza
Caprese Cups
Pineapple

Whole Wheat Mini
Cheese Pizza
Caprese Cups
Pineapple

Baby Carrots with
Ranch Dressing
Blueberries



Gluten Free



Vegetarian

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