



# TK Menu

October 20 - October 24, 2025

	10:00 SNACK	NON-VEGGIE LUNCH	VEGGIE LUNCH	2:00 PM SNACK
	1/2 Cup Fruit 1 Cup Dairy 1 oz Whole Grain	1/2 Cup Fruit 1 1/2 Vegetable 2 oz Whole Grain 2 oz Protein 1 Cup Dairy	 1/2 Cup Fruit 1 1/2 Vegetable 2 oz Whole Grain 2 oz Protein 1 Cup Dairy 	1 oz Protein OR 1/2 Cup Dairy 1/2 Cup Vegetable
MONDAY	Tapioca with Diced Strawberries Cuties Potato Samosas	<b>Meatless Monday!</b>	Chickpea Tikka Masala Steamed Basmati Rice Sauteed Peas Pineapple	Cottage Cheese Sliced Peaches Graham Crackers
TUESDAY	Whole Grain Cereal Low Fat Organic Milk Bananas	Spinach and Cheese Ravioli with Meat Sauce Garlic Bread Sticks Roasted Cauliflower Apple Wedges	Spinach and Cheese Ravioli with Marinara Garlic Bread Sticks Roasted Cauliflower Apple Wedges	Veggie Straws Orange Slices String Cheese
WEDNESDAY	Blueberry Breakfast Bread Low Fat Organic Milk Sliced Strawberries	Popcorn Chicken Tater Tots Corn Kernels Watermelon Slices	Veggie Tenders Tater Tots Corn Kernels Watermelon Slices	"Ants on a Log" with Soybutter
THURSDAY	Mini Bagels Cream Cheese Peach Slices	Turkey Meatloaf Mashed Potatoes with Gravy Carrots & Peas Cantaloupe	Impossible "Meatloaf" Mashed Potatoes with Gravy Carrots & Peas Cantaloupe	Soybutter and Jelly Sandwich Apple Wedges
FRIDAY	Low Fat Organic Milk Whole Grain Cereal Bananas	Whole Wheat Mini Turkey Pepperoni Pizza Lil Caesar Salad Red Grapes	Whole Wheat Mini Cheese Pizza Lil Caesar Salad Red Grapes	Cheez-it Crackers Squeeze Yogurt



Gluten Free



Vegetarian

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