



TK Menu

April 27 - May 1, 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

Breakfast Bars
Yogurt Cups
Bananas

**Meatless
Monday!**

Potato Samosas
Yellow Rice
Roasted Cauliflower
Diced Pineapple

Apple Slices
Cheddar Cheese
Diced Turkey

TUESDAY

Cottage Cheese
with Diced Peaches

Grilled Turkey and
Cheese
Kettle Chips
Garden Salad
Watermelon Slices

Grilled Cheese
Kettle Chips
Garden Salad
Watermelon Slices

Fruit Skewers
Yogurt Dip
Graham Crackers

WEDNESDAY

Breakfast Scones
Organic Low Fat
Milk
Cantaloupe

Teriyaki Chicken
Steamed Rice
Glazed Carrots
Sliced Mango

Teriyaki Tofu
Steamed Rice
Glazed Carrots
Sliced Mango

Soybutter and Jelly
Pinwheels
Diced Pineapple

THURSDAY

Whole Grain
Cereal
Low Fat Organic
Milk
Blueberries

Chicken Tikka Masala
Basmati Rice
Roasted Cauliflower
Fresh Strawberries

Chickpea Tikka
Masala
Basmati Rice
Roasted Cauliflower
Fresh Strawberries

Cheese and
Cucumber Tea
Sandwiches
Vegetable Soup

FRIDAY

Broccoli Cheddar
Egg Bites
Clementines

Whole Wheat Mini
Pepperoni Pizza
Caesar Salad
Mango Spears

Whole Wheat Mini
Cheese Pizza
Caesar Salad
Mango Spears

Berry Yogurt
Parfait
Goldfish Crackers



Gluten Free



Vegetarian

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