



# TK Menu

May 4 - May 8, 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

Mini Muffins  
Yogurt Cups with  
Granola

**Meatless  
Monday!**

4 Cheese Lasagna  
Roasted Broccoli  
Garlic Breadsticks  
Diced Cantaloupe

Egg Salad with  
Crackers, Baby  
Carrots, and Celery  
Sticks

TUESDAY

Mini Bagels with  
Cream Cheese  
Mixed Berries

Chicken Quesadilla  
Mexican Rice  
Buttered Corn  
Diced Pineapple

Cheese Quesadilla  
Mexican Rice  
Buttered Corn  
Diced Pineapple

Smashed Avocados  
with Tortilla Chips  
Sliced Apples

WEDNESDAY

Breakfast Cereal  
Organic Low Fat  
Milk  
Bananas

Mini Turkey  
Corndogs  
Tater Tots  
Roasted Broccoli  
Clementines

Mini Veggie  
Corndogs  
Tater Tots  
Roasted Broccoli  
Clementines

Yogurt and Fruit  
Parfait  
Graham Crackers

THURSDAY

Breakfast Scones  
Cottage Cheese  
Fruit Salad

Chicken Tenders  
Mashed Potatoes  
Peas and Carrots  
Mango Spears

Veggie Tenders  
Mashed Potatoes  
Peas and Carrots  
Mango Spears

Hummus with Pita  
Chips  
Strawberries

FRIDAY

Mini Broccoli and  
Cheese  
Quiche

Whole Wheat Mini  
Pepperoni Pizza  
Celery Sticks  
with Ranch

Whole Wheat Mini  
Cheese Pizza  
Celery Sticks  
with Ranch

Cheese Cubes with  
Grapes and Pretzels



Gluten Free



Vegetarian

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