



TK Menu

May 13 - May 17, 2024

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!**

French Toast
Scrambled Eggs
Vanilla Yogurt
Mango Spears

Egg Salad with
Crackers, Baby
Carrots, and Celery
Sticks

TUESDAY

Mini Bagels with Cream
Cheese
Mixed Berries

Chicken Quesadillas
Cilantro Lime Rice
Buttered Corn
Diced Pineapple

Cheese Quesadillas
Cilantro Lime Rice
Buttered Corn
Diced Pineapple

Smashed Avocados
with Tortilla Chips
Sliced Apples

WEDNESDAY

Breakfast Cereal
Organic Low Fat
Milk
Bananas

Swedish Meatball
Mashed Potatoes
Peas and Carrots
Cantaloupe Slices

Veggie Tenders
Mashed Potatoes
Peas and Carrots
Cantaloupe Slices

Fruit Kabobs with
Yogurt Dip

THURSDAY

Breakfast Scones
String Cheese
Fruit Salad

Teriyaki Chicken
Lo Mein
Roasted Broccoli
Clementines

Teriyaki Tofu
Lo Mein
Roasted Broccoli
Clementines

Hummus with Pita
Bread

FRIDAY

Mini Cheese
Quiche

Whole Wheat Mini
Pepperoni Pizza
Celery Sticks
with Ranch

Whole Wheat Mini
Cheese Pizza
Celery Sticks
with Ranch

Cheese Cubes with
Grapes, Pretzels, and
Salami



Gluten Free



Vegetarian

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