

Sample Menu

2022



Vegetarian: Gluten Free Option (upon request): Produce of the Month:



Produce of the Month: Pumpkins

It's officially pumpkin season! We love pumpkins because they are an excellent source of vitamin A and a good source of Vitamin C. They get their bright orange color thanks to a healthy dose of beta-carotene, which can reduce the risk of certain cancers and help protect your heart!

10	Monday	11	Tuesday	12	Wednesday	13	Thursday	14	Friday
	ENTRÉE		ENTRÉE		ENTRÉE		ENTRÉE		ENTRÉE
	Meatless Monday!		Beef Soft Tacos Spanish-Style Brown Rice Corn Kernels		Bow Tie Pasta with Ground Turkey Meat Sauce Garlic Bread Sticks Buttered Broccoli		Chicken Tikka Masala Yellow Rice Green Beans		Hot Dogs Baked Beans Sweet Potato Fries
	VEGGIE CAFÉ		VEGGIE CAFÉ		VEGGIE CAFÉ		VEGGIE CAFÉ		VEGGIE CAFÉ
	Cheese Pizza Lil Caesar Salad Breaded Zucchini Sticks		Bean and Cheese Burrito Spanish-Style Brown Rice Corn Kernels		Bow Tie Pasta with Marinara Garlic Bread Sticks Buttered Broccoli		Potato Samosas Yellow Rice Green Beans		Veggie Hot Dogs Baked Beans Sweet Potato Fries

1 DAY A WEEK, IN 1 YEAR:

- ✓ Save 84,000 gallons of H₂O
- ✓ Reduce your Risk of Heart Disease & Cancer
- ✓ Save 15.5 gallons of Gasoline
- ✓ Save 240 lbs. of grain

All Meals Include:

- Fresh fruit and salad bar with seasonal and organic produce provided by local farms
- Boars Head premium deli sandwiches on **whole grain** and **gluten free bread options**
- Low fat yogurt & Unsweetened Applesauce
- Low fat Milk

***Please contact Kitchen Manager, Darrin Cassidy @ Darrin.Cassidy@harker.org for more information**