

Spring/Early Fall Cycle - Lunch HHFKA 9-12 (age 14-18)

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>03/06/2023</div> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<div>03/07/2023</div> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<div>03/08/2023</div> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Fresh Oranges Choice of Milk</p>	<div>03/09/2023</div> <p>Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Ranch Dip (ss) Fresh Pears Choice of Milk</p>	<div>03/10/2023</div> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Beans, Corn & Tomato Mayonnaise SS Pouch (LS) Ketchup (ss) Apple Juice Choice of Milk</p>
<div>03/13/2023</div> <p>Latin Rice & Bk. Beans Veggie Latin Rice & Beans* Cranberry Dried(ss)** Choice of Milk</p>	<div>03/14/2023</div> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower & Carrots Medley Fresh Pears Choice of Milk</p>	<div>03/15/2023</div> <p>Broccoli Rice Casserole Fruit Punch Juice Choice of Milk</p>	<div>03/16/2023</div> <p>Chicken Stroganoff Pasta w/Pepper, Carrot & Zucchini. Chicken Stroganoff Pasta w/Pepper, Carrot & Zucchini (V) Fresh Tangerines Choice of Milk</p>	<div>03/17/2023</div> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>
<div>03/20/2023</div> <p>Tomato N' Cheese Pasta(V) Cranberry Dried(ss)** Choice of Milk</p>	<div>03/21/2023</div> <p>Corn Dog Chicken Mini WG** Veggie Hot Dog** Roasted Potatoes & Cauliflower Medley Ranch Dressing (ss) Bananas Choice of Milk</p>	<div>03/22/2023</div> <p>Curried Chicken WW Wrap Curried Chicken Meatless WW Wrap (V/VG) Sweet Creamy Coleslaw Cheez-It (WG Cracker) Orange Juice Choice of Milk</p>	<div>03/23/2023</div> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B. Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk</p>	<div>03/24/2023</div> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>
<div>03/27/2023</div> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V/VG) Fresh Apples Choice of Milk</p>	<div>03/28/2023</div> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) WG Roll Roasted Sweet Potatoes & Green Beans BBQ Sauce (ss) Fruit Punch Juice Choice of Milk</p>	<div>03/29/2023</div> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn, G. Peas & Carrot (VG) Fresh Pears Choice of Milk</p>	<div>03/30/2023</div> <p>WG Cheese Pizza (V) Roasted Cauliflower Broccoli & Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<div>03/31/2023</div> <p>NO SCHOOL TODAY</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

Locally Grown Components Daily Served: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Sweet Potato (VA/NC), Arugula (NY).

***Vegetarian (V) options available daily. Dairy - Free (DF), Gluten Free (GF), Vegan (VG) - Available Upon Request
WG = Whole Grain WW = Whole Wheat**

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Mar 1, 2023