

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
08/28/2023 WG Caprese Pasta (V) Fresh Apples Choice of Milk	08/29/2023 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice* Tomato-Garlic Lentils Bowls (V/VG) Bananas Choice of Milk	08/30/2023 Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Fresh Tangerines Choice of Milk	08/31/2023 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Diced Peaches Choice of Milk	09/01/2023 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Corn,Zucchini, & Tomato Pie w/ Parmesan (V) Grape Juice Choice of Milk
09/04/2023 NO SCHOOL TODAY	09/05/2023 Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Fresh Apples Choice of Milk	09/06/2023 Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Sweet Potato Tater Tots Ranch Dressing Light (ss) Fresh Pears Choice of Milk	09/07/2023 Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Orange Juice Choice of Milk	09/08/2023 Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Roasted Potatoes & Carrots Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas Choice of Milk
09/11/2023 Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk	09/12/2023 WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wraps w/ Corn, Tomato & Lettuce Fresh Oranges Cranberry Dried(ss)** Choice of Milk	09/13/2023 Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit Roasted Broccoli & Potato Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk	09/14/2023 WG Spaghetti & Meatballs WG Spaghetti & Veggie Meatballs (V/VG) Bananas Choice of Milk	09/15/2023 WW Pizza Sandwich w/ Ck. Pepperoni WW Pizza Cheese Sandwich (V) Sweet Creamy Coleslaw Fruit Punch Juice Choice of Milk
09/18/2023 Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Pears Choice of Milk	09/19/2023 Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Bananas Choice of Milk	09/20/2023 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Apples Choice of Milk	09/21/2023 Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Oranges Choice of Milk	09/22/2023 BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Sour Cream (ss) Fruit Punch Juice Choice of Milk
09/25/2023 WG Caprese Pasta (V) Fresh Apples Choice of Milk	09/26/2023 Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Corn Salad w/ Celery Tomato & Gr. Peppers Bananas Choice of Milk	09/27/2023 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice* Tomato-Garlic Lentils Bowls (V/VG) Mixed Fruits Choice of Milk	09/28/2023 Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Fresh Oranges Choice of Milk	09/29/2023 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Cranberry Juice Sour Cream (ss) Choice of Milk

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: According to the season fruits and vegetables locally grown will be added on
Breakfast and/or Lunch menu: Apples (PA), Peaches (PA /VA/MD), Zucchini (MD), Carrots (MD/PA), Cucumbers (PA),
Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms
(PA), Broccoli (PA), Cabbage (PA/MD), Onions (MD), Celery (PA), Cauliflower (PA/MD).

***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

Aug 11, 2023