



Milk, grain, fruit, vegetables,
meat or meat alternative

LUNCH

Spring/Early Fall Cycle - Lunch
LAYC ACADEMY 9 to 12 - Lunch



Menu subject to change. For any feedback please
contact us directly at menu@luncherasdisi.com



Monday	Tuesday	Wednesday	Thursday	Friday
<div>08/26/2024</div> <p>WG Penne Pasta & Beef Meatballs WG Pasta & Veggie Meatballs (V/VG) Fresh Tangerines Choice of Milk</p>	<div>08/27/2024</div> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Watermelon Choice of Milk</p>	<div>08/28/2024</div> <p>Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Sweet Corn Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>08/29/2024</div> <p>Chicken Mango Wrap w/ Romaine & Onions Veggie Mango Wrap w/ Romaine & Onions Ranch Dressing (ss) Cranberry Juice Choice of Milk</p>	<div>08/30/2024</div> <p>Turkey Mozzarella WG Burger Vegan Burger (V/VG) Roasted Potatoes & Carrots Medley Ketchup (ss) Bananas Choice of Milk</p>
<div>09/02/2024</div> <p>NO SCHOOL TODAY</p>	<div>09/03/2024</div> <p>WG Caprese Pasta (V) Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>09/04/2024</div> <p>Turkey WW Burrito w/ Black Beans w/Cheese Veggie WW Burrito w/ Black Beans Fresh Pears Choice of Milk</p>	<div>09/05/2024</div> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Stir-Fry Veggie w/ Squash & Corn over Brown Rice Bananas Choice of Milk</p>	<div>09/06/2024</div> <p>BYO Turkey Nachos BYO Veggie Nachos (V) Corn Pico de Gallo Shredded Romaine Sour Cream (ss) Grape Juice Choice of Milk</p>
<div>09/09/2024</div> <p>Roasted Chicken Roasted Vegan Chicken (V/VG) Mexican Brown Rice w/ Red & Green Peppers Sliced Peaches Choice of Milk</p>	<div>09/10/2024</div> <p>Chicken Chickpea Curry w/ Zucchini Veggie Chickpea Curry w/ Zucchini WG Biscuit Fresh Tangerines Choice of Milk</p>	<div>09/11/2024</div> <p>Sweet & Sour Turkey Meatball Wrap Sweet & Sour Turkey Veggie Meatball Wrap Roasted Broccoli w/Garlic & Parmesan Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>09/12/2024</div> <p>Chicken WG Noddles w/Carrots & Spinach Chicken Meatless Noddles w/Carrots & Spinach (V) Bananas Choice of Milk</p>	<div>09/13/2024</div> <p>Cheese Lunch Pizza (V) Cheese Pizza (VG/DF) Roasted Potatoes Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>
<div>09/16/2024</div> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Lemony Bulgur Chickpea Salad Fresh Pears Choice of Milk</p>	<div>09/17/2024</div> <p>Spaghetti & Ground Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>09/18/2024</div> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) WG Roll Sauteed Green Collards BBQ Sauce (ss) Cranberry Juice Choice of Milk</p>	<div>09/19/2024</div> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups Sour Cream (ss) Fresh Watermelon Choice of Milk</p>	<div>09/20/2024</div> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Bananas Choice of Milk</p>

09/23/2024	09/24/2024	09/25/2024	09/26/2024	09/27/2024
WG Penne Pasta & Beef Meatballs WG Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk	Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Oranges Choice of Milk	Crunchy Chicken WG Wrap w/ Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/ Buffalo & Ranch Dress. Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk	Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Sweet Corn Cranberry Dried(ss)** Apples Choice of Milk	Chicken Mango Wrap w/ Romaine & Onions Veggie Mango Wrap w/ Romaine & Onions Ranch Dressing (ss) Fruit Punch Juice Choice of Milk
09/30/2024	10/01/2024	10/02/2024	10/03/2024	10/04/2024
WG Caprese Pasta (V) Cranberry Dried(ss)** Apples Choice of Milk	Turkey WW Burrito w/ Black Beans w/Cheese Veggie WW Burrito w/ Black Beans Fruit Punch Juice Choice of Milk	Stir-Fry Chicken, Squash & Corn over Brown Rice Stir-Fry Veggie w/ Squash & Corn over Brown Rice Fresh Pears Choice of Milk	Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Fresh Oranges Choice of Milk	Crispy Chicken Burger Chicken Meatless Burger (V/VG) Steamed Broccoli Ketchup (ss) Bananas 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), Zucchini (MD/NC), 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/DE), Celery (PA), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC), Watermelon (DE/MD), Onions (MD/PA)

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