



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

# LUNCH

LUNCH - Late Fall/ Winter Cycle  
LAYC ACADEMY 9 to 12 - Lunch  
HHFKA 9-12 (age 14-18)



**Menu subject to change. For any feedback please  
contact us directly at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12/02/2024</b> WG Caprese Pasta Fresh Apples Choice of Milk	<b>12/03/2024</b> Breaded Chicken Nuggets WG Roll Veggie Nuggets w/ WG Roll (VG) Roasted Potatoes BBQ Sauce (ss) Fresh Tangerines Choice of Milk	<b>12/04/2024</b> Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Lentil Salad w/Cucumber & Red Pepper (VG) Fresh Pears Choice of Milk	<b>12/05/2024</b> One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fruit Punch Juice Choice of Milk	<b>12/06/2024</b> BYO Turkey Nachos w/ Corn Tortilla Chips BYO Veggie Nachos (V) Pico de Gallo Shredded Romaine Sour Cream (ss) Bananas Choice of Milk
<b>12/09/2024</b> Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Fresh Pears Choice of Milk	<b>12/10/2024</b> Chicken Salad WW Sand. w/Romaine & Tomato Veggie Salad Sand. (V) Steamed Broccoli Ranch Dressing (ss) Cranberry Dried(ss)** Apples Choice of Milk	<b>12/11/2024</b> Spaghetti & Ground Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Bananas Choice of Milk	<b>12/12/2024</b> WW Chicken Fajitas w/Green Peppers WW Chicken Meatless Fajita w/Gr. Pepper(V/VG) Elote in Cups Cranberry Juice Choice of Milk	<b>12/13/2024</b> Chili Turkey Hot Dog** on a WG Bun Chili Veggie Hot Dog (VG) Ketchup (ss) Fresh Tangerines Choice of Milk
<b>12/16/2024</b> Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fresh Apples Choice of Milk	<b>12/17/2024</b> Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Zucchini Fresh Oranges Choice of Milk	<b>12/18/2024</b> WG Sub Sloppy Joe w/ Mozzarella Cheese Veggie Sloppy Joe (V) Roasted Potatoes & Broccoli Bananas Choice of Milk	<b>12/19/2024</b> NO SCHOOL TODAY	<b>12/20/2024</b> NO SCHOOL TODAY
<b>12/23/2024</b> NO SCHOOL TODAY	<b>12/24/2024</b> NO SCHOOL TODAY	<b>12/25/2024</b> NO SCHOOL TODAY	<b>12/26/2024</b> NO SCHOOL TODAY	<b>12/27/2024</b> NO SCHOOL TODAY
<b>12/30/2024</b> NO SCHOOL TODAY	<b>12/31/2024</b> NO SCHOOL TODAY	<b>01/01/2025</b> NO SCHOOL TODAY	<b>01/02/2025</b> NO SCHOOL TODAY	<b>01/03/2025</b> NO SCHOOL TODAY

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.**

**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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NC), ), Lettuce (NY), Spinach (VA/NC), Potatoes (PA/VA), Cucumber (NJ/NC), Peppers (NJ), Zucchini (PA/NC), Tomato (PA).

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.**

**WG = Whole Grain   WW = Whole Wheat**