



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**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 02/03/2025 Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Tangerines Choice of Milk | 02/04/2025 Tk. Breast Strips w/Gravy over Mashed Potato & Roll Meatless Strips w/Gravy, Mashed Potato & Roll(VG) Fresh Oranges Choice of Milk | 02/05/2025 Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Sauteed Green Collards Grape Juice Choice of Milk | 02/06/2025 Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Apples Cranberry Dried(ss)** Choice of Milk | 02/07/2025 WG Caprese Pasta Bananas Choice of Milk |
| 02/10/2025 Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk | 02/11/2025 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fresh Apples Choice of Milk | 02/12/2025 Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk | 02/13/2025 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Cranberry Juice Choice of Milk | 02/14/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fresh Strawberries Choice of Milk |
| 02/17/2025 NO SCHOOL TODAY | 02/18/2025 NO SCHOOL TODAY | 02/19/2025 NO SCHOOL TODAY | 02/20/2025 NO SCHOOL TODAY | 02/21/2025 NO SCHOOL TODAY |
| 02/24/2025 Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Veggie Stroganoff Pasta Orange Pineapple Juice Choice of Milk | 02/25/2025 Chicken & Vegetable WW Dumplings Grilled Chicken Meatless over Brown Rice (V/VG) Soy Sauce Light (ss) Roasted Sweet Potatoes & Green Beans Bananas Choice of Milk | 02/26/2025 WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Roasted Broccoli Ranch Dressing (ss) Apples Cranberry Dried(ss)** Choice of Milk | 02/27/2025 Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd'sPie w/ Mashed Potato & Carrot(V) Steamed Brown Rice Fresh Pears Choice of Milk | 02/28/2025 Crispy Chicken Burger Chicken Meatless Burger (V/VG) Kale & Mixed Beans Salad Ketchup (ss) Fresh Oranges Choice of Milk |

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/WW), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA).

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

WG = Whole Grain WW = Whole Wheat