



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

01/06/2025

WG Caprese Pasta
Fresh Tangerines
Choice of Milk

Tuesday

01/07/2025

Jerk Chicken & Brown Rice
Jerk Chicken Meatless
& Brown Rice (V/VG)
Sautøed Collards Green
Steamed Carrots
Sliced Peaches
Choice of Milk

Wednesday

01/08/2025

Chipotle BBQ Pulled
Chicken WG Slider
Chipotle BBQ Meatless
WG Slider (V/VG)
Sweet Creamy Coleslaw
Apples
Cranberry Dried(ss)**
Choice of Milk

Thursday

01/09/2025

Tk. Breast Strips w/Gravy
over Mashed Potato & Roll
Meatless Strips w/Gravy,
Mashed Potato & Roll(VG)
Grape Juice
Choice of Milk

Friday

01/10/2025

Chili Turkey Hot Dog**
on a WG Bun
Chili Veggie Hot Dog (VG)
Ketchup (ss)
Bananas
Choice of Milk

01/13/2025

Golden Crispy Chicken Tenders
WG Roll
Breaded Veggie Tender
w/ WG Roll (V/VG)
Roasted Sweet Potatoes
Cranberry Juice
Ketchup (ss)
Choice of Milk

01/14/2025

Turkey Meatballs w/
Brown Rice & Bk. Beans
Veggie Meatballs w/
Brown Rice & Beans(V/VG)
Fresh Apples
Choice of Milk

01/15/2025

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

01/16/2025

One Pot Chicken Fajita
Pasta w/Rd. & Gr. Pepper
Chicken Meatless
Fajita WG Pasta(V/VG)
Fresh Oranges
Choice of Milk

01/17/2025

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Roasted Potatoes
Fresh Tangerines
Choice of Milk

01/20/2025

NO SCHOOL TODAY

01/21/2025

WG Chicken & Cheese Burrito
Veggie WG Burrito (VG)
Black Bean, Corn
& Tomato Salad
Fresh Apples
Choice of Milk

01/22/2025

Orange Chicken
Orange Meatless Chicken
Fried Brown Rice w/
Corn, Peas & Carrots
Bananas
Choice of Milk

01/23/2025

Italian Tk. WG Pasta
w/Tomato & Mushrooms
Italian Veggie WG Pasta
w/Tomato & Mushrooms
Fresh Tangerines
Choice of Milk

01/24/2025

Breaded Chicken Nuggets
WG Roll
Veggie Nuggets
w/ WG Roll (V/VG)
Collards Green
& Tomato Salad
BBQ Sauce (ss)
Fruit Punch Juice
Choice of Milk

01/27/2025

Chicken Stroganoff Pasta
w/Pepper,Carrot & Zuchin.
Veggie Stroganoff Pasta
Fresh Apples
Cranberry Dried(ss)**
Choice of Milk

01/28/2025

Turkey Shepherd's Pie w/
Mashed Potato & Carrot
Meatless Shepherd'sPie w/
Mashed Potato & Carrot(V)
Steamed Brown Rice
Fresh Oranges
Choice of Milk

01/29/2025

WG Italian Sub w/ T. Ham
T. Salami & T. Pepperoni
WG Sub w/Plant Based
Ham & Bacon (V)
Roasted Broccoli
Ranch Dressing (ss)
Bananas
Choice of Milk

01/30/2025

Chicken & Vegetable
WW Dumplings
Grilled Chicken Meatless
over Brown Rice (V/VG)
Soy Sauce Light (ss)
Roasted Sweet Potatoes
& Green Beans
Fruit Punch Juice
Choice of Milk

01/31/2025

Crispy Chicken Burger
Chicken Meatless
Burger (V/VG)
Kale & Mixed Beans Salad
Ketchup (ss)
Fresh Tangerines
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/WV), 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