



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

03/03/2025

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

### Tuesday

03/04/2025

Spanish B. Rice w/Chicken  
Kidney Beans & Tomato  
B.Rice w/Chicken Meatless  
Kidney Bean & Tomato V/VG  
Fruit Punch Juice  
Choice of Milk

### Wednesday

03/05/2025

Jerk Chicken & Brown Rice  
Jerk Chicken Meatless  
& Brown Rice (V/VG)  
Sauteed Green Collards  
Bananas  
Choice of Milk

### Thursday

03/06/2025

Turkey Hot Dog\*\*  
on a WG Bun  
Veggie Hot Dog\*\*  
Roasted Potatoes  
Ketchup (ss)  
Fresh Apples  
Choice of Milk

### Friday

03/07/2025

Chipotle BBQ Pulled  
Chicken WG Slider  
Chipotle BBQ Meatless  
WG Slider (V/VG)  
Romaine, Tomato and  
Cucumber Salad  
Ranch Dressing (ss)  
Grape Juice  
Choice of Milk

03/10/2025

WG Caprese Pasta (V)  
Fresh Apples  
Choice of Milk

03/11/2025

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

03/12/2025

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

03/13/2025

Turkey Sloppy Joe  
on a WG Bun  
Veggie Sloppy Joe  
on a WG Bun (V/VG)  
Kale Salad w/ Cucumber  
& Tomatoes (V/VG)  
Fresh Tangerines  
Choice of Milk

03/14/2025

Cheese Lunch Pizza w/  
Chicken & Beef Pepperoni  
Cheese Lunch Pizza (V)  
Roasted Sweet Potatoes  
Orange Pineapple Juice  
Choice of Milk

03/17/2025

Crispy Chicken Burger  
Chicken Meatless  
Burger (V/VG)  
Ketchup (ss)  
Sweet Potatoes &  
Kale Salad  
Cranberry Juice  
Choice of Milk

03/18/2025

One-Pan Turkey Taco  
WG Macaroni & Cheese  
One-Pan Veggie Taco  
WG Macaroni & Cheese(V)  
Roasted Cauliflower  
Fresh Pears  
Choice of Milk

03/19/2025

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

03/20/2025

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

03/21/2025

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

03/24/2025

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

03/25/2025

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

03/26/2025

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

03/27/2025

Grilled Chicken  
over Brown Rice  
Grilled Chicken Meatless  
over Brown Rice (V/VG)  
Roasted Sweet Potatoes  
Fresh Oranges  
Choice of Milk

03/28/2025

BYO Turkey Nachos  
w/ Corn Tortilla Chips  
BYO Veggie Nachos (V)  
Shredded Romaine  
Pico de Gallo  
Sour Cream (ss)  
Bananas  
Choice of Milk

03/31/2025

NO SCHOOL TODAY

04/01/2025

Jerk Chicken & Brown Rice  
Jerk Chicken Meatless  
& Brown Rice (V/VG)  
Sauteed Green Collards  
Fruit Punch Juice  
Choice of Milk

04/02/2025

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

04/03/2025

Spanish B. Rice w/Chicken  
Kidney Beans & Tomato  
B.Rice w/Chicken Meatless  
Kidney Bean & Tomato V/VG  
Bananas  
Choice of Milk

04/04/2025

WG Cheese Pizza (V)  
Roasted Potatoes &  
Sweet Potatoes  
Orange Pineapple Juice  
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**

Feb 21, 2025