



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
05/05/2025 Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ketchup (ss) Fresh Pears Choice of Milk	05/06/2025 Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Bananas Choice of Milk	05/07/2025 One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Broccoli Florets Fruit Punch Juice Choice of Milk	05/08/2025 Chicken Enchiladas Black Bean Dip Sour Cream (ss) Fresh Apples Cranberry Dried(ss)** Choice of Milk	05/09/2025 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes & Sweet Potatoes Fresh Tangerines Choice of Milk
05/12/2025 WG Penne Pasta & Beef Meatballs WG Pasta & Veggie Meatballs (V/VG) Fresh Apples Choice of Milk	05/13/2025 Turkey Mozzarella WG Burger Vegan Burger (V/VG) Romaine, Tomato & Cucumber Salad Ketchup (ss) Bananas Choice of Milk	05/14/2025 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Baked Plantains Fresh Oranges Choice of Milk	05/15/2025 Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Cauliflower Ketchup (ss) Cranberry Juice Choice of Milk	05/16/2025 WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Kale & Mixed Beans Salad Fresh Tangerines Choice of Milk
05/19/2025 Chicken Burrito Bowl w/Black Beans & Corn Meatless Chicken B.Bowl w Bl. Beans & Corn (VG/V) Sour Cream (ss) Fresh Pears Choice of Milk	05/20/2025 Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Orange Juice Choice of Milk	05/21/2025 Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Steamed Carrots Sliced Peaches Choice of Milk	05/22/2025 Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk	05/23/2025 BYO Turkey Nachos w/ Corn Tortilla Chips Pico de Gallo w/ Tomatoes & Onions Sour Cream (ss) Fresh Apples Choice of Milk
05/26/2025 NO SCHOOL TODAY	05/27/2025 NO SCHOOL TODAY	05/28/2025 NO SCHOOL TODAY	05/29/2025 NO SCHOOL TODAY	05/30/2025 NO SCHOOL TODAY

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), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC).

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