



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](mailto:menu@luncherasdisi.com)



Monday	Tuesday	Wednesday	Thursday	Friday
<div>10/07/2024</div> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Apples Choice of Milk</p>	<div>10/08/2024</div> <p>BYO Turkey Nachos BYO Veggie Nachos (V) Corn Pico de Gallo Shredded Romaine Sour Cream (ss) Bananas Choice of Milk</p>	<div>10/09/2024</div> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Lentil Salad w/Cucumber &amp; Red Pepper (VG) Grape Juice Choice of Milk</p>	<div>10/10/2024</div> <p>NO SCHOOL TODAY</p>	<div>10/11/2024</div> <p>NO SCHOOL TODAY</p>
<div>10/14/2024</div> <p>NO SCHOOL TODAY</p>	<div>10/15/2024</div> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) WG Roll Sauteed Green Collards Ketchup (ss) Cranberry Juice Choice of Milk</p>	<div>10/16/2024</div> <p>Spaghetti &amp; Ground Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>10/17/2024</div> <p>Chicken Enchiladas Veggie Enchiladas (V) Black Bean Dip Elote in Cups (V) Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<div>10/18/2024</div> <p>Cheese Lunch Pizza (V) Roasted Sweet Potato &amp; Cauliflower Medley Ranch Dressing (ss) Bananas Choice of Milk</p>
<div>10/21/2024</div> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Sweet Creamy Coleslaw Ranch Dressing (ss) Grape Juice Choice of Milk</p>	<div>10/22/2024</div> <p>Lime Chicken Black Beans &amp; Br. Rice Lime Chicken Meatless w/ Bk. Bean &amp; Br. Rice(V/VG) Fresh Pears Choice of Milk</p>	<div>10/23/2024</div> <p>WG Penne Pasta &amp; Beef Meatballs WG Pasta &amp; Veggie Meatballs (V/VG) Fresh Oranges Choice of Milk</p>	<div>10/24/2024</div> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Kale Salad w/ Cucumber &amp; Tomatoes (V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>10/25/2024</div> <p>Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Elote in Cups (V) Bananas Choice of Milk</p>
<div>10/28/2024</div> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Steamed Carrots Cranberry Dried(ss)** Apples Choice of Milk</p>	<div>10/29/2024</div> <p>Turkey Burrito Bowl w/ Black Beans Veggie Burrito Bowl w/ Black Beans (V/VG) Pico de Gallo Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>	<div>10/30/2024</div> <p>Stir-Fry Chicken, Squash &amp; Corn over Brown Rice Stir-Fry Veggie w/ Squash &amp; Corn over Brown Rice Bananas Choice of Milk</p>	<div>10/31/2024</div> <p>Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Fresh Broccoli Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<div>11/01/2024</div> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Roasted Potatoes &amp; Cauliflower Medley Ketchup (ss) Fresh Tangerines Choice of Milk</p>

**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**