

LUNCH - Late Fall/ Winter Cycle
 LAYC ACADEMY 9 to 12 - Lunch
 HHFKA 9-12 (age 14-18)



Milk, grain, fruit, vegetables,
 meat or meat alternative

LUNCH



Menu subject to change. For any feedback please
 contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/01/2025</p> <p>Tomato N' Cheese Pasta(V) Fresh Apples Choice of Milk</p>	<p>12/02/2025</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p>12/03/2025</p> <p>Turkey Breast & Provolone Cheese WW Sandwich Provolone WW Sand. (V) Collards Green & Tomato Salad Bananas Choice of Milk</p>	<p>12/04/2025</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Pears Choice of Milk</p>	<p>12/05/2025</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender(VG) WG Biscuit Roasted Potatoes Ketchup (ss) Cranberry Juice Choice of Milk</p>
<p>12/08/2025</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Cranberry Dried(ss)** Apples Choice of Milk</p>	<p>12/09/2025</p> <p>WG Breaded Mozzarella St. Marinara Sauce (ss) Roasted Sweet Potatoes & Cauliflower Fresh Tangerines Choice of Milk</p>	<p>12/10/2025</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk</p>	<p>12/11/2025</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>12/12/2025</p> <p>Turkey Taco Rice w/Corn, Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Bananas Choice of Milk</p>
<p>12/15/2025</p> <p>WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Cranberry Dried(ss)** Fresh Apples Choice of Milk</p>	<p>12/16/2025</p> <p>Turkey Hot Dog** & Vegetable Chili Grilled Cheese Sand. (V)* Roasted Cauliflower & Broccoli Medley Fresh Pears Choice of Milk</p>	<p>12/17/2025</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Bananas Choice of Milk</p>	<p>12/18/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/19/2025</p> <p>NO SCHOOL TODAY</p>
<p>12/22/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/23/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/24/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/25/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/26/2025</p> <p>NO SCHOOL TODAY</p>
<p>12/29/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/30/2025</p> <p>NO SCHOOL TODAY</p>	<p>12/31/2025</p> <p>NO SCHOOL TODAY</p>	<p>01/01/2026</p> <p>NO SCHOOL TODAY</p>	<p>01/02/2026</p> <p>NO SCHOOL TODAY</p>

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