



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

01/05/2026

WG Caprese Pasta (V)
Sliced Peaches
Choice of Milk

Tuesday

01/06/2026

Cheese Beef Burger
& WG Bun
Vegan Burger (V/VG)
Roasted Potatoes
& Broccoli
Ketchup (ss)
Fresh Apples
Choice of Milk

Wednesday

01/07/2026

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

Thursday

01/08/2026

Chicken & Tk. Bacon
Pasta w/Tomato & Spinach
Chicken Meatless Pasta
w/Tomato & Spinach(V)
Fresh Tangerines
Choice of Milk

Friday

01/09/2026

Golden Crispy Chicken Tenders
Breaded Veggie Tender(VG)
WG Biscuit
Roasted Sweet Potato
& Cauliflower Medley
Ketchup (ss)
Grape Juice
Choice of Milk

01/12/2026

Turkey Taco Rice w/Corn,
Red & Gr. Peppers
Meatless Taco Rice w/Corn
Red & Gr. Peppers (V/VG)
Fresh Apples
Choice of Milk

01/13/2026

Stuffed Crust Pizza
w/ Cheese (V)
Balela Salad w/ Garbanzo,
Tomato & Cucumber
Fresh Oranges
Choice of Milk

01/14/2026

WG Spaghetti &
Beef Meatballs
WG Spaghetti
& Veggie Meatballs
Fresh Pears
Choice of Milk

01/15/2026

Fiesta Rice Chicken
w/ Corn, G. Peas & Carrot
Rice Chicken Meatless w/
Corn,G. Peas & Carrot (VG)
Bananas
Choice of Milk

01/16/2026

WG Breaded Mozzarella St.
Marinara Sauce (ss)
Honey Garlic
Broccoli & Cauliflower
Fruit Punch Juice
Choice of Milk

01/19/2026

NO SCHOOL TODAY

01/20/2026

WG Cheese Pizza (V)
Roasted Potatoes
Bananas
Choice of Milk

01/21/2026

WG Pasta Carbonara
w/ Turkey Bacon
WG Pasta Carbonara w/
Meatless Bacon (V)
Vanilla Winter Squash (V)
Orange Juice
Choice of Milk

01/22/2026

Enchilada Brown Rice w/
Bk. Beans & Gr. Peppers-V
Fresh Apples
Choice of Milk

01/23/2026

Breaded Chicken Nuggets
Veggie Nuggets (V/VG)
WG Biscuit
Roasted Sweet Potatoes
& Broccoli
Ketchup (ss)
Fresh Tangerines
Choice of Milk

01/26/2026

Corn Dog Chicken Mini WG
Grilled Cheese Sand. (V)*
Sweet Potatoes &
Kale Salad
Ketchup (ss)
Grape Juice
Choice of Milk

01/27/2026

Turkey Meatballs
WG Sub. w/Cheese
Veggie Meatballs
WG Submarine (V/VG)
SautOed Collards Green
Fresh Tangerines
Choice of Milk

01/28/2026

WW Chicken Fajitas
w/Green Peppers
Ck. Meatless Fajita(V/VG)
Corn Pico de Gallo
Sour Cream (ss)
Fresh Apples
Choice of Milk

01/29/2026

Turkey Breast & Provolone
Cheese WW Sandwich
Provolone WW Sand. (V)
Garlic Roasted Potatoes
Bananas
Choice of Milk

01/30/2026

Cranberry Turkey Chili
over Brown Rice
Cranberry Veggie Chili
over Brown Rice (V/VG)
Fresh Pears
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), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)
Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat