



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
<p>11/03/2025</p> <p>Spaghetti & Ground Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p>11/04/2025</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Oranges Choice of Milk</p>	<p>11/05/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Honey Garlic Broccoli & Cauliflower Bananas Choice of Milk</p>	<p>11/06/2025</p> <p>BYO Turkey Nachos w/ Corn Tortilla Chips Black Bean, Corn & Tomato Salad Sour Cream (ss) Grape Juice Choice of Milk</p>	<p>11/07/2025</p> <p>WG Breaded Mozzarella St. Marinara Sauce (ss) Roasted Sweet Potatoes Fresh Pears Choice of Milk</p>
<p>11/10/2025</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk</p>	<p>11/11/2025</p> <p>NO SCHOOL TODAY</p>	<p>11/12/2025</p> <p>Kung Pao Chicken w/ Carrots & Peppers Veggie Kung Pao Chicken w/Carrots & Peppers(V/VG) Steamed Brown Rice Cranberry Juice Choice of Milk</p>	<p>11/13/2025</p> <p>WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Steamed Broccoli Bananas Choice of Milk</p>	<p>11/14/2025</p> <p>Ground Turkey Fajitas Veggie Fajitas (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Fresh Apples Choice of Milk</p>
<p>11/17/2025</p> <p>Chicken Teriyaki Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Fresh Pears Choice of Milk</p>	<p>11/18/2025</p> <p>Beef Burger & WG Bun Vegan Burger (V/VG) Romaine, Tomato & Onion Salad Ketchup (ss) Fresh Tangerines Choice of Milk</p>	<p>11/19/2025</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Creamy Mashed Potatoes WG Biscuit Fresh Pears Choice of Milk</p>	<p>11/20/2025</p> <p>WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Apples Choice of Milk</p>	<p>11/21/2025</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Cranberry Juice Choice of Milk</p>
<p>11/24/2025</p> <p>NO SCHOOL TODAY</p>	<p>11/25/2025</p> <p>NO SCHOOL TODAY</p>	<p>11/26/2025</p> <p>NO SCHOOL TODAY</p>	<p>11/27/2025</p> <p>NO SCHOOL TODAY</p>	<p>11/28/2025</p> <p>NO SCHOOL TODAY</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), Cucumbers (DE,VA,DE,MD,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,DE)

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