



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>10/06/2025</p> <p>Spaghetti & Ground Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Grape Juice Choice of Milk</p>	<p>10/07/2025</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Steamed Broccoli Fresh Oranges Choice of Milk</p>	<p>10/08/2025</p> <p>WG Breaded Mozzarella St. Marinara Sauce (ss) Black Bean Dip Bananas Choice of Milk</p>	<p>10/09/2025</p> <p>NO SCHOOL TODAY</p>	<p>10/10/2025</p> <p>NO SCHOOL TODAY</p>
<p>10/13/2025</p> <p>NO SCHOOL TODAY</p>	<p>10/14/2025</p> <p>Kung Pao Chicken w/ Carrots & Peppers Veggie Kung Pao Chicken w/Carrots & Peppers(V/VG) Steamed Brown Rice Cranberry Dried(ss)** Apples Choice of Milk</p>	<p>10/15/2025</p> <p>WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Roasted Eggplant Cranberry Juice Choice of Milk</p>	<p>10/16/2025</p> <p>Chicken Teriyaki Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Seedless Grapes Choice of Milk</p>	<p>10/17/2025</p> <p>Ground Turkey Fajitas Veggie Fajitas (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Fresh Nectarines Choice of Milk</p>
<p>10/20/2025</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Creamy Mashed Potatoes WG Biscuit Fruit Punch Juice Choice of Milk</p>	<p>10/21/2025</p> <p>Turkey Burger & WG Bun Vegan Burger (V/VG) Ketchup (ss) Green Beans & Broccoli Fresh Oranges Choice of Milk</p>	<p>10/22/2025</p> <p>Ground Turkey Veggie Crumbles (V/VG) Steamed Brown Rice Baked Plantains Fresh Pears Choice of Milk</p>	<p>10/23/2025</p> <p>Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Apples Choice of Milk</p>	<p>10/24/2025</p> <p>WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Seedless Grapes Choice of Milk</p>
<p>10/27/2025</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Garlic Roasted Potatoes Ketchup (ss) Grape Juice Choice of Milk</p>	<p>10/28/2025</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Cranberry Dried(ss)** Fresh Apples Choice of Milk</p>	<p>10/29/2025</p> <p>WG Cheese Lasagna Rollup w/Marinara (V) Fresh Oranges Choice of Milk</p>	<p>10/30/2025</p> <p>BBQ Chicken WG Sider BBQ Veggie Sider (V/VG) Sweet Creamy Coleslaw Fresh Pears Choice of Milk</p>	<p>10/31/2025</p> <p>Breaded Chicken Nuggets WG Biscuit Veggie Nuggets w/ WG Roll (V/VG) Collards Green & Tomato Salad Ketchup (ss) Bananas 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), 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**