



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
04/06/2026 NO SCHOOL TODAY	04/07/2026 NO SCHOOL TODAY	04/08/2026 NO SCHOOL TODAY	04/09/2026 NO SCHOOL TODAY	04/10/2026 NO SCHOOL TODAY
04/13/2026 NO SCHOOL TODAY	04/14/2026 NO SCHOOL TODAY	04/15/2026 NO SCHOOL TODAY	04/16/2026 NO SCHOOL TODAY	04/17/2026 NO SCHOOL TODAY
04/20/2026 Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Soy Sauce Light (ss) Fresh Apples Choice of Milk	04/21/2026 Baked Chicken Penne Pasta w/ Zucchini Baked Chicken Meatless Pasta w/Zucchini (V) Bananas Choice of Milk	04/22/2026 Chicken Nuggets Veggie Nuggets (V/VG) WG Biscuit Roasted Potatoes & Cauliflower Medley BBQ Sauce (ss) Fresh Tangerines Choice of Milk	04/23/2026 WW Turkey Tacos AI Pastor WW Veggie Tacos AI Pastor (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Fresh Pears Choice of Milk	04/24/2026 Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk
04/27/2026 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk	04/28/2026 Latin Rice & Bk. Beans Veggie Latin Rice & Beans Cranberry Dried(ss)** Fresh Apples Choice of Milk	04/29/2026 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes Fruit Punch Juice Choice of Milk	04/30/2026 Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (VG/DF) Roasted Sweet Potatoes & Broccoli Bananas Choice of Milk	05/01/2026 BYO Turkey Nachos w/ Corn Tortilla Chips Shredded Romaine Pico de Gallo Sour Cream (ss) Fresh Tangerines Choice of Milk

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**