



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

07/06/2026

WG Caprese Pasta (V)
Fresh Apples
Choice of Milk

Tuesday

07/07/2026

Golden Crispy Chicken Tenders
Breaded Veggie Tender(VG)
WG Biscuit
Baked French Fries
Ketchup (ss)
Fresh Peaches
Choice of Milk

Wednesday

07/08/2026

WW Chicken Fajitas
w/Green Peppers
Ck. Meatless Fajita(V/VG)
Cheesy Refried Beans
Sour Cream (ss)
Cranberry Juice
Choice of Milk

Thursday

07/09/2026

Buffalo Chicken
WG Mac & Cheese
Buffalo Chicken Meatless
WG Mac & Cheese (V)
Roasted Broccoli & Carrot
Fresh Blueberries**
Choice of Milk

Friday

07/10/2026

Corn Dog Chicken Mini WG
WG Biscuit
Veggie Nuggets (V/VG)
Green Beans & Corn Medley
Ketchup (ss)
Fresh Pears
Choice of Milk

07/13/2026

Chinese Chicken Fried
Rice w/Corn,Peas, G Beans
Chicken Meatless Fried
Rice w/Corn,Peas, G Beans
Soy Sauce Light (ss)
Fruit Punch Juice
Choice of Milk

07/14/2026

Stuffed Crust Pizza
w/ Cheese (V)
Chickpea Salad w/cucumber
tomato & feta cheese
Bananas
Choice of Milk

07/15/2026

Baked Chicken Penne Pasta
w/ Zucchini
Baked Chicken Meatless
Pasta w/Zucchini (V)
Bananas
Choice of Milk

07/16/2026

Turkey Hot Dog**
on a WG Bun
Vegan Burger (V/VG)
Roasted Potatoes
Ketchup (ss)
Relish Pickle Sweet (ss)
Fresh Oranges
Choice of Milk

07/17/2026

WG Italian Sub w/ T. Ham
T. Salami & T. Pepperoni
Provolone WW Sand. (V)
Broccoli Florets
Ranch Dressing (ss)
Fresh Watermelon
Choice of Milk

07/20/2026

Grilled Chicken
over Brown Rice
Grilled Chicken Meatless
over Brown Rice (VG/DF)
Baked Plantains
Fresh Apples
Choice of Milk

07/21/2026

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

07/22/2026

WW Turkey Tacos
Al Pastor
WW Veggie Tacos (V/VG)
Black Bean, Corn
& Tomato Salad
Sour Cream (ss)
Hot sauce (ss)
Fresh Tangerines
Choice of Milk

07/23/2026

Cheese Beef Burger
& WG Bun
Vegan Burger (V/VG)
Sweet Creamy Coleslaw
Mustard, Yellow SS Pouch
Ketchup (ss)
Bananas
Choice of Milk

07/24/2026

Breaded Chicken Nuggets
Veggie Nuggets (V/VG)
WG Biscuit
Roasted Sweet Potatoes
BBQ Sauce (ss)
Fresh Pears
Choice of Milk

07/27/2026

WG Jumbo Cheese Ravioli
w/ Marinara Sauce (V)
WG Garlic Knot Roll (V)
Green Beans
Orange Pineapple Juice
Choice of Milk

07/28/2026

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Roasted Broccoli & Carrot
Fresh Oranges
Choice of Milk

07/29/2026

BYO Turkey Nachos
w/ Corn Tortilla Chips
Black Bean, Corn
& Tomato Salad
Sour Cream (ss)
Fresh Pears
Choice of Milk

07/30/2026

Crispy Chicken Burger
Vegan Burger (V/VG)
Buttered Peas & Corn
Ketchup (ss)
Fresh Apples
Choice of Milk

07/31/2026

One Pot Chicken Fajita
Pasta w/Rd. & Gr. Pepper
Chicken Meatless
Fajita WG Pasta(V/VG)
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), Green Beans (DE), Potato (PA), Sweet Potato (NC/PA), Green Peas (NJ), Corn (NJ), Kale (NJ), Collards Green (NJ), Peppers (PA)

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