

**Spring/Early Fall Cycle - Lunch HHFKA 9-12 (age 14-18)**

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">08/22/2022</p> <p>WG Penne Pasta &amp; Meatballs WG Penne Pasta &amp; Veggie Meatballs (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">08/23/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<p align="right">08/24/2022</p> <p>BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (ss) Bananas Choice of Milk</p>	<p align="right">08/25/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli &amp; Carrot H. Chicken Meatless Wrap w/Broccoli &amp; Carrots (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">08/26/2022</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni Cheese Lunch Pizza (V) Green Beans &amp; Corn Medley Ranch Dressing (ss) Cranberry Dried Orange Fresh Oranges Choice of Milk</p>
<p align="right">08/29/2022</p> <p>Turkey Breast &amp; Provolone WW Sandwich Plant Based Tk. Slices &amp; Provolone WW Sandwich (V) Veggie Stir-Fry w/Ginger, Carrot, Gn.Beans &amp; Broc. Bananas Choice of Milk</p>	<p align="right">08/30/2022</p> <p>WG Caprese Pasta (V) Fresh Peaches** Fresh Pears Choice of Milk</p>	<p align="right">08/31/2022</p> <p>Brown Rice w/ Cheese w/Pinto Beans &amp; Corn(V) Fresh Oranges Choice of Milk</p>	<p align="right">09/01/2022</p> <p>Cheese Burger &amp; WG Bun Cheese Veggie Burger &amp; WG Bun (V) Potato French Fries Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Apples Choice of Milk</p>	<p align="right">09/02/2022</p> <p>Chicken Drumstick Baked Chickenless (V/VG) Savory Brown Rice Pilaf Roasted Broccoli Cranberry Juice Choice of Milk</p>
<p align="right">09/05/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">09/06/2022</p> <p>Turkey Bacon, Lettuce &amp; Tomato (BLT) WW Wrap Veggie BLT WW Wrap w/Lettuce &amp; Tomato (V/VG) Ranch Dressing (ss) Fresh Nectarines** Fresh Oranges Choice of Milk</p>	<p align="right">09/07/2022</p> <p>Chicken WG Noddles w/Carrots &amp; Spinach Chk. Meatless WG Noddle w/Carrots &amp; Spinach (V) Bananas Choice of Milk</p>	<p align="right">09/08/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Curry Vegetables w/Potato Tomatos &amp; Green Beans WG Animal Crackers Mayonnaise SS Pouch (LS) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">09/09/2022</p> <p>Great Garden Stew w/ Squash, Corn &amp; Beans Meatless Stew w/ Squash, Corn &amp; Beans (V) Steamed Brown Rice Fresh Apples Choice of Milk</p>
<p align="right">09/12/2022</p> <p>WG Pasta &amp; Turkey Meat Sauce WG Pasta &amp; Plant-Based Meatless Sauce (V) Bananas Choice of Milk</p>	<p align="right">09/13/2022</p> <p>WW Italian Wrap w/ T. Ham &amp; T. Salami &amp; T. Pepperoni WW Wrap w/Plant Based Ham &amp; Bacon (V/VG) Roasted Broccoli Ranch Dip (ss) Cheez-It (WG Cracker) Fresh Apples Choice of Milk</p>	<p align="right">09/14/2022</p> <p>Stir-Fry Chicken, Squash &amp; Corn over Brown Rice Chicken Meatless, Squash, Corn &amp; Brown Rice (V/VG) Cranberry Juice Choice of Milk</p>	<p align="right">09/15/2022</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Corn,Zucchini, &amp; Tomato Pie w/ Parmesan (V) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk</p>	<p align="right">09/16/2022</p> <p>Grilled Chicken &amp; WG Pita Grilled Chicken Meatless &amp; WG Pita (V/VG) Balela Salad w/ Garbanzo, Tomato &amp; Cucumber Giant Cinnamon Goldfish Fresh Pears Choice of Milk</p>
<p align="right">09/19/2022</p> <p>WG Mac &amp; Cheese (V) Green Beans &amp; Corn Medley Apple Juice Choice of Milk</p>	<p align="right">09/20/2022</p> <p>BYO Turkey Nachos WG w/Romaine &amp; Corn Pico (V) BYO Veggie Nachos WG w/Romaine &amp; Corn Pico(V) Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p align="right">09/21/2022</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Fresh Pears Choice of Milk</p>	<p align="right">09/22/2022</p> <p>WG Penne Pasta &amp; Meatballs WG Penne Pasta &amp; Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p align="right">09/23/2022</p> <p align="center">NO SCHOOL TODAY</p>

09/26/2022

Turkey Breast & Provolone  
WW Sandwich  
Plant Based Tk. Slices &  
Provolone WW Sandwich (V)  
Veggie Stir-Fry w/Ginger,  
Carrot, Gn.Beans & Broc.  
Bananas  
Choice of Milk

09/27/2022

Cheese Lunch Pizza w/  
Chicken & Beef Pepperoni  
Cheese Lunch Pizza (V)  
Romaine Salad w/ Cucumber  
& Tomatoes  
Ranch Dressing (ss)  
Cranberry Juice  
Choice of Milk

09/28/2022

NO SCHOOL TODAY

09/29/2022

Brown Rice w/ Cheese  
w/Pinto Beans & Corn(V)  
Fresh Pears  
Choice of Milk

09/30/2022

Cheese Burger & WG Bun  
Cheese Veggie Burger  
& WG Bun (V)  
Potato French Fries  
Mayonnaise SS Pouch (LS)  
Ketchup (ss)  
Fresh Apples  
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/VA), Pears (MD/ PA), Peaches (VA/ PA/ MD), Nectarines (PA), Broccoli (PA), Carrots (MD, PA), Tomatoes (VA / PA/ MD), Potatoes (PA), Sweet Potatoes (MD/PA), Cabbage(PA/MD), Cauliflower (PA/MD), Peppers (PA/ MD), Peppers (DE/VA), Celery (PA), Lettuce (PA), Spinach (PA/ MD), Cucumbers (PA), Zucchini (MD, NC), Squash (PA/MD), Onions (MD).**

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

**Please reach out to us if you have questions or comments at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)**

Jul 28, 2022