

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">10/03/2022</p> <p>Chicken Drumstick** Grilled Chicken* Baked Chickenless (V/VG) Savory Brown Rice Pilaf Green Beans & Corn Medley Fruit Punch Juice Choice of Milk</p>	<p align="right">10/04/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Black Beans, Corn & Tomato Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>	<p align="right">10/05/2022</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) WW Wrap Veggie BLT WW Wrap w/Lettuce & Tomato (V) Ranch Dressing (ss) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right">10/06/2022</p> <p>WG Pasta & Turkey Meat Sauce WG Pasta & Plant-Based Meatless Sauce (V) Bananas Choice of Milk</p>	<p align="right">10/07/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">10/10/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">10/11/2022</p> <p>Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">10/12/2022</p> <p>WW Italian Sand. w/T. Ham T. Salami & T. Pepperoni WW Sand. w/Plant Based Ham & Bacon (V/VG) Fresh Broccoli and Carrots Ranch Dressing (ss) Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">10/13/2022</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Sweet Potato Tater Tots Cheez-It (WG Cracker) Fresh Apples Choice of Milk</p>	<p align="right">10/14/2022</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Chicken Meatless, Squash, Corn & Brown Rice (V/VG) Fruit Punch Juice Choice of Milk</p>
<p align="right">10/17/2022</p> <p>BBQ Chicken on a WG Slider BBQ Chicken Meatless WG Slider (V/VG) Sweet Potato Tater Tots Fresh Pears Choice of Milk</p>	<p align="right">10/18/2022</p> <p>WG Mac & Cheese (V) Green Beans & Corn Medley Orange Pineapple Juice Choice of Milk</p>	<p align="right">10/19/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/Broccoli & Carrots (V) Mozzarella Cheese Stick** Bananas Choice of Milk</p>	<p align="right">10/20/2022</p> <p>BYO Turkey Nachos WG w/Romaine & Corn Pico (V) BYO Veggie Nachos WG w/Romaine & Corn Pico(V) Bean Dip Sour Cream (ss) Raisin Strawberry (ss)** Choice of Milk</p>	<p align="right">10/21/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">10/24/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<p align="right">10/25/2022</p> <p>WG Caprese Pasta (V) WG Sunchips Garden Salsa Fruit Punch Juice Choice of Milk</p>	<p align="right">10/26/2022</p> <p>Turkey Breast & Provolone WW Sandwich Plant Based Tk. Slices & Provolone WW Sandwich (V) Corn Salad Bananas Choice of Milk</p>	<p align="right">10/27/2022</p> <p>WG Penne Pasta & Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Apples Choice of Milk</p>	<p align="right">10/28/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Broccoli Ranch Dressing (ss) Fresh Tangerines Choice of Milk</p>
<p align="right">10/31/2022</p> <p>Pillsbury Pull-Apart Italian Cheese & Garlic Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Apples Choice of Milk</p>	<p align="right">11/01/2022</p> <p>Chicken Drumstick** Baked Chickenless (V/VG) Savory Brown Rice Pilaf Fresh Green Beans Fruit Punch Juice Choice of Milk</p>	<p align="right">11/02/2022</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) WW Wrap Veggie BLT WW Wrap w/Lettuce & Tomato (V) Ranch Dressing (ss) Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/03/2022</p> <p>WG Pasta & Turkey Meat Sauce WG Pasta & Plant-Based Meatless Sauce (V) Bananas Choice of Milk</p>	<p align="right">11/04/2022</p> <p>Cheese Burger & WG Bun Cheese Veggie Burger & WG Bun (V) Potato French Fries Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears 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 (MD/PA/VA), Pears (MD/ PA), Broccoli (PA/MD), Carrots (MD, PA), Tomatoes (PA/MD/ MD), Sweet Potatoes (VA), Cauliflower (PA/MD), Peppers (PA/VA), Celery (PA), Lettuce (PA/NJ), Spinach (MD),Zucchini (MD, NC), Squash (MD), Onions (MD). Carrots (PA/MD), Peas (MD), Green Beans (DE/VA), Cucumbers (VA/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

Sep 15, 2022