

**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">11/07/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Black Beans &amp; Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/08/2022</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans WG Animal Crackers Fresh Pears Choice of Milk</p>	<p align="right">11/09/2022</p> <p>WW Italian Sand. w/T. Ham T. Salami &amp; T. Pepperoni WW Sand. w/Plant Based Ham &amp; Bacon (V/VG) Broccoli Florets Ranch Dip (ss) Fresh Apples Choice of Milk</p>	<p align="right">11/10/2022</p> <p>WG Penne Pasta &amp; Meatballs WG Penne Pasta &amp; Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p align="right">11/11/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/14/2022</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">11/15/2022</p> <p>Great Garden Stew w/ Squash, Corn &amp; Beans Meatless Stew w/ Squash, Corn &amp; Beans (V) Steamed Brown Rice Fresh Pears Choice of Milk</p>	<p align="right">11/16/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli &amp; Carrot H. Chicken Meatless Wrap w/Broccoli &amp; Carrots (V) Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/17/2022</p> <p>Chicken Burrito Bowl with Beans and Corn Meatless Chicken B.Bowl w Bl. Beans &amp; Corn (VG/V) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/18/2022</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Roasted Sweet Potatoes WG Biscuit Pumpkin Pie Fresh Apples Choice of Milk</p>
<p align="right">11/21/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/22/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/23/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/24/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/25/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/28/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">11/29/2022</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) Raisin Strawberry (ss)** Choice of Milk</p>	<p align="right">11/30/2022</p> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Celery Sticks Carrots Sticks Fresh Apples Choice of Milk</p>	<p align="right">12/01/2022</p> <p>WG Caprese Pasta (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">12/02/2022</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Sweet Corn 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 (MD/PA/VA), Pears (VA), Broccoli (VA/MD), Carrots (MD, PA), Tomatoes (VA/ MD), Sweet Potatoes (VA/MD), Cauliflower (PA), Peppers (VA), Lettuce (PA/MD), Spinach (VA/MD), Squash (PA/MD), Onions (MD), Potatoes (PA/VA), Cucumber (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)**

Oct 12, 2022