

LUNCH - Late Fall/ Winter Cycle HHFKA 9-12 (age 14-18)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/05/2022</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Apple Juice Choice of Milk</p>	<p>12/06/2022</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun Sweet Potato Tater Tots Bananas Choice of Milk</p>	<p>12/07/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/08/2022</p> <p>Brown Rice Souffle (V) w/ Cheddar Cheese Roasted Potatoes & Broccoli Fresh Tangerines Choice of Milk</p>	<p>12/09/2022</p> <p>Creamy Cilantro Lime Chicken WW Burrito Creamy Cilantro Lime Meatless WW Burrito (V) Pico w/ Tomatoes & Onions Raisin Strawberry (ss)** Choice of Milk</p>
<p>12/12/2022</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Apples Choice of Milk</p>	<p>12/13/2022</p> <p>WG Cheese Pizza (V) Veggie Stir-Fry w/Ginger, Carrot, Gn.Beans & Broc. Fresh Tangerines Choice of Milk</p>	<p>12/14/2022</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p>12/15/2022</p> <p>WG Chicken Corn Dog** Veggie Hot Dog** Green Beans & Corn Medley Mayonnaise SS Pouch (LS) Ketchup (ss) Orange Juice Choice of Milk</p>	<p>12/16/2022</p> <p>Mexican Pie w/ Kidney Beans & Corn (V) WG Biscuit Fresh Pears Choice of Milk</p>
<p>12/19/2022</p> <p>Southwest Chicken Alfredo Pasta Bake S. Chicken Meatless Alfredo Pasta Bake Fresh Pears Choice of Milk</p>	<p>12/20/2022</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd'sPie w/ Mashed Potato & Carrot(V) Steamed Brown Rice Fresh Apples Choice of Milk</p>	<p>12/21/2022</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Roasted Cauliflower Broccoli & Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>12/22/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/23/2022</p> <p>NO SCHOOL TODAY</p>
<p>12/26/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/27/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/28/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/29/2022</p> <p>NO SCHOOL TODAY</p>	<p>12/30/2022</p> <p>NO SCHOOL TODAY</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

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), Carrots (MD), Tomatoes (PA), Cauliflower (PA), Lettuce (NJ), Spinach (VA/MD), Cucumber (MD), Celery (PA), Potatoes (PA).

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Nov 23, 2022