

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>01/02/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/03/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/04/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Carrots Diced (V/VG) Fresh Apples Choice of Milk</p>	<p>01/05/2023</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Chicken Stroganoff Pasta w/Pepper,Carrot & Zucc.(V) Orange Juice Choice of Milk</p>	<p>01/06/2023</p> <p>Beef Burger & WG Bun Veggie Burger & WG Bun (V/VG) Roasted Broccoli & Potato Medley Ketchup (ss) Mayo Light (ss) Bananas Choice of Milk</p>
<p>01/09/2023</p> <p>Creamy Cilantro Lime Chicken WW Burrito Creamy Cilantro Lime Meatless WW Burrito (V) Pico w/ Tomatoes & Onions Cranberry Dried(ss)** Choice of Milk</p>	<p>01/10/2023</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Turkey Meatless Hot Dog on a WG Bun Green Beans Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>01/11/2023</p> <p>Chicken Caesar WG Pasta Salad Chicken Meatless Caesar WG Pasta Salad (V) Bananas Choice of Milk</p>	<p>01/12/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk</p>	<p>01/13/2023</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>01/16/2023</p> <p>NO SCHOOL TODAY</p>	<p>01/17/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli & Potato Medley Fresh Pears Choice of Milk</p>	<p>01/18/2023</p> <p>Apple Provolone Turkey Sandwich Apple Provolone WW Sandwich (V) Fresh Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>01/19/2023</p> <p>WG Chicken Corn Dog** Veggie Hot Dog** Roasted Sweet Potatoes & Green Beans Mayonnaise SS Pouch (LS) Ketchup (ss) Orange Juice Choice of Milk</p>	<p>01/20/2023</p> <p>One-Pot WG Enchilada Rice w/ Beans & Red Peppers(V) Fresh Tangerines Choice of Milk</p>
<p>01/23/2023</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni Fresh Pears Choice of Milk</p>	<p>01/24/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fruit Punch Juice Choice of Milk</p>	<p>01/25/2023</p> <p>Strawberry WG Pasta Salad w/Chicken,Broccoli &Cumb. Strawberry WG Pasta Salad Meatless w/Broccoli &Cumb Fresh Tangerines Choice of Milk</p>	<p>01/26/2023</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Bananas Choice of Milk</p>	<p>01/27/2023</p> <p>NO SCHOOL TODAY</p>

01/30/2023

Grilled Chicken
Baked Chickenless (V/VG)
Brown Rice w/ Bl. Beans
& Carrots Diced (V/VG)
Bananas
Choice of Milk

01/31/2023

Crispy Chicken WG Burger
w/ Tartar Sauce (ss)
Chicken Meatless Burger
w/ Tartar Sauce (ss)
Potato French Fries
Ketchup (ss)
Fresh Apples
Choice of Milk

02/01/2023

Cranberry Turkey Breast
w/ Arugula WW Sandwich
Cranberry Toasted Tofu w/
Arugula WW Sandwich (V)
Roasted Broccoli
Ranch Dip (ss)
Fresh Pears
Choice of Milk

02/02/2023

Chicken Stroganoff Pasta
w/Pepper,Carrot & Zuchin.
Chicken Stroganoff Pasta
w/Pepper,Carrot & Zucc.(V)
Orange Juice
Choice of Milk

02/03/2023

WG Cheese Pizza (V)
Sweet Creamy Coleslaw
Fresh Tangerines
Choice of Milk

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 (PA), Sweet Potato (VA/PA), Cucumber (MD), Potatoes (PA/MD), Arugula (PA)

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

WG = Whole Grain WW = Whole Wheat

Dec 28, 2022