

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>04/03/2023</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Fresh Apples Choice of Milk</p>	<p>04/04/2023</p> <p>Spaghetti and Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p>04/05/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Ranch Dressing (ss) Bananas Choice of Milk</p>	<p>04/06/2023</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Cranberry Dried(ss)** Choice of Milk</p>	<p>04/07/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>
<p>04/10/2023</p> <p>Latin Rice & Bk. Beans Veggie Latin Rice & Beans* Fresh Pears Choice of Milk</p>	<p>04/11/2023</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Bananas Choice of Milk</p>	<p>04/12/2023</p> <p>Broccoli Rice Casserole Grape Juice Choice of Milk</p>	<p>04/13/2023</p> <p>WW Chicken Shawarma WW Chicken Meatless Shawarma (V) Tahini Salad w/Tomato & Cucumbers (V) Cranberry Dried(ss)** Choice of Milk</p>	<p>04/14/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Green Beans & Corn Medley Fresh Tangerines Choice of Milk</p>
<p>04/17/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/18/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/19/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>04/21/2023</p> <p>NO SCHOOL TODAY</p>
<p>04/24/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Apples Choice of Milk</p>	<p>04/25/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Roll Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>	<p>04/26/2023</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk</p>	<p>04/27/2023</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk</p>	<p>04/28/2023</p> <p>WG Cheese Pizza (V) Broccoli Ranch Dressing (ss) 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: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Potato (PA), Lettuce (PA), Spinach (PA/VA), Broccoli (NC), Tomato (PA), Sweet Potato (NC)

***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

Mar 23, 2023