

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/05/2024</p> <p>Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Fresh Pears Choice of Milk</p>	<p>02/06/2024</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Creamy Mashed Sweet Potatoes Ketchup (ss) Grape Juice Choice of Milk</p>	<p>02/07/2024</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Apples Choice of Milk</p>	<p>02/08/2024</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Oranges Choice of Milk</p>	<p>02/09/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG WG Roll Roasted Potatoes Ketchup (ss) Bananas Choice of Milk</p>
<p>02/12/2024</p> <p>Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Penne Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p>02/13/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Roasted Potatoes & Green Beans Medley Ketchup (ss) Fresh Oranges Choice of Milk</p>	<p>02/14/2024</p> <p>Beef Meatballs w/ Brown Rice & Bl. Beans Veggie Meatballs w/ Brown Rice & Beans(V/VG) Bananas Choice of Milk</p>	<p>02/15/2024</p> <p>WW Chicken Fajitas w/ Red Peppers WW Chicken Meatless Fajita w/Rd. Pepper(V/VG) Sour Cream (ss) Cranberry Dried(ss)** Choice of Milk</p>	<p>02/16/2024</p> <p>WG Cheese Pizza (V) Arugula Salad w/ Mandarin Oranges & Feta Cheese Fruit Punch Juice Choice of Milk</p>
<p>02/19/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/20/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/21/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/22/2024</p> <p>NO SCHOOL TODAY</p>	<p>02/23/2024</p> <p>NO SCHOOL TODAY</p>
<p>02/26/2024</p> <p>Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG) Sliced Peaches Choice of Milk</p>	<p>02/27/2024</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Green Beans Fresh Oranges Choice of Milk</p>	<p>02/28/2024</p> <p>Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Fresh Apples Choice of Milk</p>	<p>02/29/2024</p> <p>Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk</p>	<p>03/01/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Broccoli & Potato Medley Bananas Choice of Milk</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, PA), Sweet Potatoes (NC), Collards Green (NJ/ MD.NC), Cauliflower (PA), Lettuce (PA/MD), Spinach (NC), Arugula (NY/VA), Tomato(MD), Squash (PA/MD), Onions (MD), Potatoes (PA/VA).

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

WG = Whole Grain WW = Whole Wheat