

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">04/01/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Garlic Roasted Potatoes Fresh Pears Choice of Milk</p>	<p align="right">04/02/2024</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Meatless Chicken B.Bowl w Bl. Beans & Corn (VG/V) Fresh Apples Choice of Milk</p>	<p align="right">04/03/2024</p> <p>Turkey Club Sandwich w/ Provolone Cheese Veggie Club Sandwich (V) Romaine Salad w/ Cucumber & Tomatoes Bananas Choice of Milk</p>	<p align="right">04/04/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) WG Biscuit Tangy Salad w/Carrot, Celery & Yogurt Dress.(V) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">04/05/2024</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">04/08/2024</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Sweet Potatoes Fresh Apples Choice of Milk</p>	<p align="right">04/09/2024</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Pico w/ Tomatoes & Onions Fresh Pears Choice of Milk</p>	<p align="right">04/10/2024</p> <p>Chicken Alfredo WG Penne Pasta Veggie Alfredo Pasta (V) Roasted Cauliflower & Broccoli Medley Cranberry Juice Choice of Milk</p>	<p align="right">04/11/2024</p> <p>Creamy Cilantro Lime Chicken WW Burrito Veggie WW Burrito (V) Chili w/ Black Beans, Corn & Tomato Fresh Oranges Choice of Milk</p>	<p align="right">04/12/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Garlic Parmesan Potato Wedge Bananas Choice of Milk</p>
<p align="right">04/15/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/16/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/17/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/18/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/19/2024</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">04/22/2024</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Apples Choice of Milk</p>	<p align="right">04/23/2024</p> <p>BYO Scoop Nachos w/Cheddar Sauce Cup BYO Scoop Veggie Nacho(V) Black Beans, Corn & Tomato Salad Fruit Punch Juice Choice of Milk</p>	<p align="right">04/24/2024</p> <p>Chicken Salad WW Sandwich Veggie Salad Sand. (V) Baby Carrots Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p align="right">04/25/2024</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni Fresh Tangerines Choice of Milk</p>	<p align="right">04/26/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG Roasted Cauliflower & Broccoli Medley WG Biscuit Ketchup (ss) Bananas Choice of Milk</p>
<p align="right">04/29/2024</p> <p>Tomato N' Cheese Pasta(V) Grape Juice Choice of Milk</p>	<p align="right">04/30/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Garlic Roasted Potatoes Fresh Pears Choice of Milk</p>	<p align="right">05/01/2024</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Meatless Chicken B.Bowl w Bl. Beans & Corn (VG/V) Fresh Apples Choice of Milk</p>	<p align="right">05/02/2024</p> <p>Turkey Club Sandwich w/ Provolone Cheese Veggie Club Sandwich (V) Romaine Salad w/Cucumber & Tomatoes Fresh Oranges Choice of Milk</p>	<p align="right">05/03/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) WG Biscuit Tangy Salad w/Carrot, Celery & Yogurt Dress.(V) Ketchup (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: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (WV/PA), Sweet Potatoes (NC), Collards Green (NC), Broccoli (NC), Lettuce (NY), Spinach (NC), Potatoes (PA/VA), Tomato (VA/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

Mar 19, 2024