



Milk, grain, fruit, vegetables,
meat or meat alternative

LUNCH

Spring/Early Fall - LUNCH
TEMPLATE - Lunch



Menu subject to change. For any feedback please
contact us directly at menu@luncherasdisi.com

Monday

08/31/2026

Golden Crispy Chicken Tenders
Breaded Veggie Tender
w/ WG Roll (V/VG)
Southern Sweet Potato
Boom Boom Sauce Cup (V)
Straw- Kiwi Smoothie
Choice of Milk

Tuesday

09/01/2026

Chicken & Cheese WW Quesadilla
Veggie WW Quesadilla (VG)
Black Bean, Corn
& Tomato Salad
Hot sauce (ss)
Fresh Oranges
Choice of Milk

Wednesday

09/02/2026

Greek Tk. Meatballs
& Brown Rice Power Bowl
Greek Veggie Meatballs &
Brown Rice Power Bowl(V)
Roasted Broccoli & Carrot
Fresh Pears
Choice of Milk

Thursday

09/03/2026

Baked Chicken WG Penne
Pasta w/ Zucchini
Baked Chicken Meatless
WG Pasta w/Zuch. (V/VG)
Bananas
Choice of Milk

Friday

09/04/2026

Stuffed Crust Ch. Pizza
w/Chk. & Beef Pepperoni
Stuffed Crust Pizza
w/ Cheese (V)
Kale Salad w/ Cucumber
& Tomatoes (V/VG)
Apples
Choice of Milk

09/07/2026

NO SCHOOL TODAY

09/08/2026

WW Chicken Empanadas
Veggie WW Quesadilla (VG)
Corn Pico de Gallo
Hot sauce (ss)
Fresh Tangerines
Choice of Milk

09/09/2026

Cajun Alfredo
Steak Breadstick
Cajun Alfredo Veggie
Crumbles Breadstick(V)
Roasted Broccoli & Carrot
Apples
Choice of Milk

09/10/2026

Asian BBQ Turkey
Veggie Asian BBQ (V/VG)
Vegetable Fried Rice w/
Peas, Gr. Beans & Carrot
Fortune Cookie (V/VG)
Bananas
Choice of Milk

09/11/2026

Crispy Chicken Burger
w/American Cheese
Vegan Burger (V/VG)
Balela Salad w/ Garbanzo,
Tomato & Cucumber
Honey Mustard Sauce (ss)
Fruit Punch Juice
Choice of Milk

09/14/2026

Swedish Turkey Meatballs
w/ Brown Rice
Swedish Veggie Meatballs
w/ Brown Rice (V/VG)
Steamed Carrots
Fresh Tangerines
Choice of Milk

09/15/2026

Creamy Turkey Lasagna
Rollup w/Alfredo Sauce(V)
Spaghetti & Plant Based
Meat Sauce (V/VG)
Roasted Eggplant
Fresh Pears
Choice of Milk

09/16/2026

Cheesy Turkey Taco Rice
w/ Black Beans & Corn
CHZ Veggie Taco Rice w/
Black Beans & Corn (V/VG)
Sour Cream (ss)
Fresh Pears
Choice of Milk

09/17/2026

DC Mambo Chicken
WW Dumplings Blast
DC Mambo Veggie WW
Dumplings Blast (V/VG)
Sweet Steamed Broccoli
Apples
Choice of Milk

09/18/2026

Cheese Beef Burger
& WG Bun
Vegan Burger (V/VG)
Potatoes & Sw. Potatoes
Ketchup (ss)
Mustard, Yellow SS Pouch
Grape Juice
Choice of Milk

09/21/2026

Teriyaki Beef Meatballs
Teriyaki Veggie
Meatballs (V/VG)
WG Roll
Honey-Glazed
Carrots & Green Beans
Fruit Punch Juice
Choice of Milk

09/22/2026

WG Mini Cheese Ravioli
w/ Marinara Sauce (V)
Spaghetti & Plant Based
Meat Sauce (V/VG)
Roasted Sweet Potatoes
Bananas
Choice of Milk

09/23/2026

Crunchy Turkey Taco Salad
Romaine, Tomato & Cucumber
Crunchy Veggie Taco Salad
w/Rom., Tom. & Cuc. (V)
WG Roll
Fresh Oranges
Choice of Milk

09/24/2026

Creamy Avocado Chicken
Rice Bowl w/Corn & Beans
C. Avocado Veggie Rice
Bowl w/Corn & Beans (V)
Apples
Choice of Milk

09/25/2026

Nashville Style
Chicken & Waffles
Nashville Style Veggie
Tenders & Waffles
Roasted Cauliflower
& Potato Medley
Fresh Pears
Choice of Milk

09/28/2026

Golden Crispy Chicken Tenders
Breaded Veggie Tender
w/ WG Roll (V/VG)
Roasted Sweet Potatoes
Boom Boom Sauce Cup (V)
Cranberry Juice
Choice of Milk

09/29/2026

Baked Peruvian-Style
Chicken Drumstick**
Baked Peruvian-Style
Tofu Strips (V/VG)
WG Roll
Baked Yuca Fries
Pico de Gallo
Apples
Choice of Milk

09/30/2026

Chicken & Cheese WW Quesadilla
Veggie WW Quesadilla (VG)
Black Bean, Corn
& Tomato Salad
Hot sauce (ss)
Fresh Oranges
Choice of Milk

10/01/2026

Baked Chicken WG Penne
Pasta w/ Zucchini
Baked Chicken Meatless
WG Pasta w/Zuch. (V/VG)
Pineapple Tidbits
Choice of Milk

10/02/2026

Greek Tk. Meatballs
& Brown Rice Power Bowl
Greek Veggie Meatballs &
Brown Rice Power Bowl(V)
SautOed Collards Green
Fresh Tangerines
Choice of Milk

Available Choice of Milk: **Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)**

**** Denotes meals only for K to 8th**

Locally Grown Components Daily Served: **According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu**

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

WG = Whole Grain WW = Whole Wheat

Jul 21, 2026