

Spring/Early Fall - LUNCH
E.L Haynes PCS - Middle School C.- 6-8 Grade-LUNCH



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

LUNCH



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

Monday

08/24/2026

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

Tuesday

08/25/2026

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

Wednesday

08/26/2026

Chicken Caesar WW Wrap
Veggie Caesar WW Wrap (V)
Carrots Sticks
Ranch Dressing (ss)
Fresh Tangerines
Choice of Milk

Thursday

08/27/2026

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

Friday

08/28/2026

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

08/31/2026

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

09/01/2026

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

09/02/2026

Turkey Breast & Provolone
WW Sandwich
Provolone WW Sand. (V)
Fresh Broccoli Florets
Carrots Sticks
Mayo Light (ss)
Fresh Pears
Choice of Milk

09/03/2026

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

09/04/2026

Nashville Style
Chicken & Waffles
Nashville Style Veggie
Tenders & Waffles
Green Beans & Corn Medley
Fresh Tangerines
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

Chicken Ranch WW Wrap
w/ Romaine & Tomato
Veggie Ranch WW Wrap w/
Romaine, Tomato & Corn (V)
Ranch Dressing (ss)
Apples
Choice of Milk

09/10/2026

Asian BBQ Turkey
Veggie Asian BBQ (V/VG)
Vegetable Fried Rice w/
Peas, Gr. Beans & Carrot
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)
Straw- Kiwi Smoothie
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
Creamy Veggie Lasagna
Rollup w/Alfredo Sauce(V)
Roasted Eggplant
Fresh Oranges
Choice of Milk

09/16/2026

WG Italian Sub w/ T. Ham
T. Salami & T. Pepperoni
Provolone Cheese
WW Sandwich (V)
Broccoli Florets
Ranch Dressing (ss)
Fresh Pears
Choice of Milk

09/17/2026

Cheesy Turkey Taco Rice
w/ Black Beans & Corn
CHZ Veggie Taco Rice w/
Black Beans & Corn (V/VG)
Sour Cream (ss)
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

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

09/22/2026

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

09/23/2026

Chicken Mango Wrap
w/ Romaine & Onions
Veggie Mango Wrap (V)
Fresh Oranges
Choice of Milk

09/24/2026

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

09/25/2026

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

09/28/2026

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

09/29/2026

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

09/30/2026

Chicken Caesar WW Wrap
Veggie Caesar WW Wrap (V)
Carrots Sticks
Ranch Dressing (ss)
Apples
Choice of Milk

10/01/2026

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

10/02/2026

Nashville Style
Chicken & Waffles
Nashville Style Veggie
Tenders & Waffles
Roasted Cauliflower
& Potato Medley
Fresh Oranges
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

Aug 17, 2026