

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>07/01/2024</p> <p>Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni Bananas Choice of Milk</p>	<p>07/02/2024</p> <p>Turkey Breast Sandwich w/ Provolone Cheese Veggie Club Sandwich (V) Kale Salad w/ Cucumber &amp; Tomatoes (V/VG) Mayonnaise SS Pouch (LS) Fresh Tangerines Choice of Milk</p>	<p>07/03/2024</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Black Beans, Corn &amp; Tomato Salad Sour Cream (ss) Fruit Punch Juice Choice of Milk</p>	<p>07/04/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/05/2024</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Biscuit Potato French Fries Fresh Apples Ketchup (ss) Choice of Milk</p>
<p>07/08/2024</p> <p>Tomato N' Cheese Pasta(V) Cranberry Dried(ss)** Apples Choice of Milk</p>	<p>07/09/2024</p> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Celery Sticks Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>	<p>07/10/2024</p> <p>WW Chicken Fajitas Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>07/11/2024</p> <p>Chicken Stir-Fry Rice w/ Broccoli &amp; Carrots Chicken Stir-Fry Rice w/ Broccoli &amp; Carrots Fresh Tangerines Choice of Milk</p>	<p>07/12/2024</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato &amp; Cucumber Bananas Choice of Milk</p>
<p>07/15/2024</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Steamed Brown Rice Sweet Creamy Coleslaw Fresh Pears Choice of Milk</p>	<p>07/16/2024</p> <p>Creamy Cilantro Lime Chicken WW Burrito Veggie WW Burrito (V) Roasted Broccoli Fresh Tangerines Choice of Milk</p>	<p>07/17/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/18/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/19/2024</p> <p>NO SCHOOL TODAY</p>
<p>07/22/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/23/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/24/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/25/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/26/2024</p> <p>NO SCHOOL TODAY</p>
<p>07/29/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/30/2024</p> <p>NO SCHOOL TODAY</p>	<p>07/31/2024</p> <p>NO SCHOOL TODAY</p>	<p>08/01/2024</p> <p>NO SCHOOL TODAY</p>	<p>08/02/2024</p> <p>NO SCHOOL TODAY</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 (MD/PA/VA), Watermelon (DE), Sweet Potatoes (NC), Broccoli (MD/PA/DE), Kale (MD/NC), Tomato (DE/MD), Onions (VA/ MD), Potatoes (VA/DE/MD), Cabbage (NC,PA/VA, Green Beans (VA/DE), Cucumbers (VA/MD/PA/NC), Spinach (NJ/MD), Cauliflower (MD/PA).**

**\*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](mailto:menu@luncherasdisi.com)**