



Spring/Early Fall Cycle - Lunch
BASIS Ed DC - 9- 12 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	Tuesday	Wednesday	Thursday	Friday
<p>11/04/2024</p> <p>Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Fresh Tangerines Choice of Milk</p>	<p>11/05/2024</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fruit Punch Juice Choice of Milk</p>	<p>11/06/2024</p> <p>BYO Turkey Nachos BYO Veggie Nachos (V) Corn Pico de Gallo Sour Cream (ss) Fresh Apples Choice of Milk</p>	<p>11/07/2024</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Lentil Salad w/Cucumber & Red Pepper (VG) Fresh Pears Choice of Milk</p>	<p>11/08/2024</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) WG Roll Roasted Broccoli BBQ Sauce (ss) Bananas Choice of Milk</p>
<p>11/11/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/12/2024</p> <p>Chicken Parmesan Ck. Meatless Parmesan(V) Steamed Brown Rice Roasted Potatoes & Broccoli Fresh Pears Choice of Milk</p>	<p>11/13/2024</p> <p>Cheese Lunch Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Bananas Choice of Milk</p>	<p>11/14/2024</p> <p>Spaghetti & Ground Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Apples Choice of Milk</p>	<p>11/15/2024</p> <p>NO SCHOOL TODAY</p>
<p>11/18/2024</p> <p>Corn Dog Chicken Mini WG Veggie Hot Dog** Romaine, Tomato & Cucumber Salad Ketchup (ss) Fresh Tangerines Choice of Milk</p>	<p>11/19/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Elote in Cups Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>11/20/2024</p> <p>WG Penne Pasta & Beef Meatballs WG Pasta & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p>11/21/2024</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Apples Choice of Milk</p>	<p>11/22/2024</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Cranberry Juice Choice of Milk</p>
<p>11/25/2024</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Steamed Carrots Fresh Pears Choice of Milk</p>	<p>11/26/2024</p> <p>Chicken Caesar WW Wrap Veggie Caesar WW Wrap (V) Fresh Broccoli Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>	<p>11/27/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/28/2024</p> <p>NO SCHOOL TODAY</p>	<p>11/29/2024</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 (PA), Zucchini (MD/NC), Carrots (MD/PA), Cucumbers (PA), Romaine Lettuce (PA), Tomato (VA/PA/MD), Spinach (PA/MD), Peppers (PA/MD), Squash (PA/MD), Kale (MD), Mushrooms (PA), Broccoli (PA), Cabbage (PA/MD), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC).

***Vegetarian (V) options available daily. Dairy - Free (DF), Gluten Free (GF), Vegan (VG) - Available Upon Request WG = Whole Grain WW = Whole Wheat**