



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

08/26/2024

WG Penne Pasta
& Beef Meatballs
WG Penne Pasta &
Veggie Meatballs (V/VG)
Fresh Tangerines
Choice of Milk

Tuesday

08/27/2024

Lime Chicken Black
Beans & Br. Rice
Lime Chicken Meatless w/
Bk. Bean & Br. Rice(V/VG)
Fresh Watermelon
Choice of Milk

Wednesday

08/28/2024

Chicken Philly Sub
w/ Green Peppers
Chicken Meatless
Philly Sub w/Gr. Peppers
Sweet Corn
Apples
Choice of Milk

Thursday

08/29/2024

Chicken Mango Wrap
w/ Romaine & Onions
Veggie Mango Wrap
w/ Romaine & Onions
Fresh Pears
Choice of Milk

Friday

08/30/2024

Turkey Mozzarella
WG Burger
Vegan Burger (V/VG)
Roasted Potatoes
Ketchup (ss)
Bananas
Choice of Milk

09/02/2024

NO SCHOOL TODAY

09/03/2024

WG Caprese Pasta (V)
Apples
Choice of Milk

09/04/2024

Turkey WW Burrito w/
Black Beans w/Cheese
Veggie WW Burrito
w/ Black Beans
Fresh Pears
Choice of Milk

09/05/2024

Stir-Fry Chicken, Squash
& Corn over Brown Rice
Stir-Fry Veggie w/ Squash
& Corn over Brown Rice
Bananas
Choice of Milk

09/06/2024

BYO Turkey Nachos
BYO Meatless Nachos
Corn Pico de Gallo
Fresh Oranges
Choice of Milk

09/09/2024

Roasted Chicken
Roasted Vegan
Chicken (V/VG)
Mexican Brown Rice w/
Red & Green Peppers
Diced Peaches
Choice of Milk

09/10/2024

Chicken Chickpea
Curry w/ Zucchini
Veggie Chickpea
Curry w/ Zucchini
WG Biscuit
Fresh Tangerines
Choice of Milk

09/11/2024

Sweet & Sour Turkey
Meatball Wrap
Sweet & Sour Turkey
Veggie Meatball Wrap
Roasted Broccoli
w/Garlic & Parmesan
Apples
Choice of Milk

09/12/2024

Chicken WG Noddles
w/Carrots & Spinach
Chicken Meatless Noddles
w/Carrots & Spinach (V)
Bananas
Choice of Milk

09/13/2024

Cheese Lunch Pizza (V)
Roasted Potatoes
Fresh Oranges
Choice of Milk

09/16/2024

Chicken Parmesan
Ck. Meatless Parmesan(V)
Lemony Bulgur
Chickpea Salad
Fresh Pears
Choice of Milk

09/17/2024

WG Spaghetti &
Turkey Meat Sauce
Spaghetti & Plant Based
Meat Sauce (V/VG)
Apples
Choice of Milk

09/18/2024

Golden Crispy Chicken Tenders
Breaded Veggie Tender
w/ WG Roll (V/VG)
Sautøed Collards Green
BBQ Sauce (ss)
Fresh Oranges
Choice of Milk

09/19/2024

Chicken Enchiladas
Veggie Enchiladas (V)
Elote in Cups (V)
Fresh Watermelon
Choice of Milk

09/20/2024

WW Grilled Cheese Sand.*
Sweet Creamy Coleslaw
Bananas
Choice of Milk

<p>09/23/2024</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p>09/24/2024</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Oranges Choice of Milk</p>	<p>09/25/2024</p> <p>Crunchy Chicken WG Wrap w/ Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/ Buffalo & Ranch Dress. Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk</p>	<p>09/26/2024</p> <p>Chicken Philly Sub w/ Green Peppers Chicken Meatless Philly Sub w/Gr. Peppers Sweet Corn Apples Choice of Milk</p>	<p>09/27/2024</p> <p>Chicken Mango Wrap w/ Romaine & Onions Veggie Mango Wrap w/ Romaine & Onions Fresh Tangerines Choice of Milk</p>
<p>09/30/2024</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>10/01/2024</p> <p>Turkey WW Burrito w/ Black Beans w/Cheese Veggie WW Burrito w/ Black Beans Fresh Strawberries Choice of Milk</p>	<p>10/02/2024</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Stir-Fry Veggie w/ Squash & Corn over Brown Rice Fresh Pears Choice of Milk</p>	<p>10/03/2024</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>10/04/2024</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Steamed Broccoli Ketchup (ss) Bananas Choice of Milk</p>

Must serve all five (5) components for a reimbursable meal. 6 oz of Milk . 1.5 oz of Meat or Meat Alternative, %₀₀ serving of grain, 1/4 cup of vegetables and/or 1/4 cup of fruits. Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request). PreK will always have sliced or finely chopped fruits.

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), Onions (MD/DE), Celery (PA), Cauliflower (PA/MD), Potato (DE/PA), Collards Green (NC), Kale (MD/NC), Squash (PA/MD), Cabbage (PA/MD), Sweet Potato (NC), Watermelon (DE/MD), Onions (MD/PA).

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

WG = Whole Grain WW = Whole Wheat

We are available to answer any questions or comments. Please contact us at menu@luncherasdisi.com

Aug 14, 2024